

Historic, archived document

Do not assume content reflects current
scientific knowledge, policies, or practices.

942
3 R11H
over

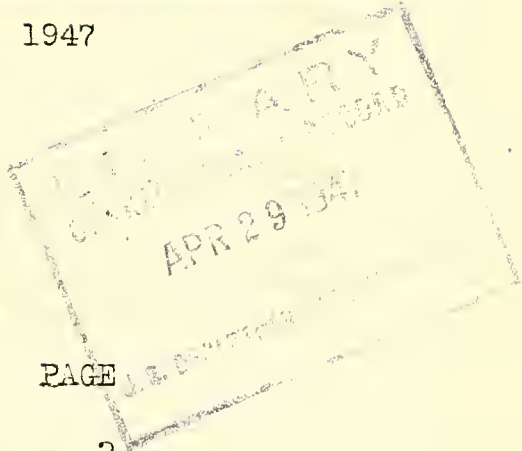
Southern Edition



Radio Roundup

A weekly service for Directors of
Women's Radio Programs

April 4, 1947



IN THESE PAGES

PAGE		PAGE
	NEW SUGAR RATIONING ADMINISTRATION IN USDA	2
	'47 FACT SHEET ON GARDENS	2
	FACTS AND FIGURES ON FOREST FIRES	3
	TIPS ON GARDEN TOOLS	4
	PEANUT BUTTER PROSPECTS	4
	NEW MARKETS FOR DRY MILK	5
	FROZEN FOOD LOCKER PLANT EXTENSION	6
	EASTER HONEY.	7
	FRESH FOOD ROUNDUP	8

U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

NEW SUGAR RATIONING ADMINISTRATION IN USDA

A Sugar Rationing Administration has been set up within the Department of Agriculture, it was announced on April 1 by Secretary of Agriculture Clinton P. Anderson. Its purpose is to carry out the functions assigned to the Secretary by the Sugar Control Act of 1947. Secretary Anderson will, in effect, carry out responsibilities similar to those formerly vested in the OPA administrator.

Keep Your Sugar Ration Books

All present regulations governing sugar rationing are to remain in effect, unless modified or rescinded by the Secretary. Sugar rationing books will continue in use in accordance with the provisions already announced. It might be well for you to warn your listeners to preserve these books.

And, as you know, Spare Stamp 11 in book 4 became valid on April 1 and is good for 10 pounds of sugar instead of 5. You might remind homemakers occasionally that this extra allotment of sugar must cover home canning needs as well as regular household needs. No special canning sugar stamp will be validated this year.

* * * * *

'47 FACT SHEET ON GARDENS

We're enclosing with this issue of RADIO ROUNDUP the 1947 Garden Program Fact Sheet, which may give you some helpful material for garden programs.

Plant Flowers As Well As Vegetables In The 1947 Garden

As you may know, this year's program is double-barreled ... calling for both home food gardening and improvement of home and community grounds. Naturally, during the war years, we had to concentrate on gardening for food production. Now that the emergency pressure of the past few years has been relieved, the home gardener can devote more time and effort to lawns, flowers, shrubs, and trees.



The garden program fact sheet gives many of the reasons behind the 1947 program ... explains the improvement in nutrition that will result ... suggests ways to begin a garden program in the community ... points out the importance of improving home and community grounds ... outlines the garden leader's job ... and suggests timely garden topics for press, radio, and discussion groups.

President Truman's statement regarding the importance of home gardening is included in the fact sheet. So are comments by Secretary of Agriculture Clinton P. Anderson, Federal Security Administrator Watson B. Miller, and Richardson Wright, national garden authority.

Further information about the 1947 garden program can be furnished by local county agricultural agents or your State Agricultural Extension Service, as well as garden leaders and planning officials in your own community. General information may be obtained by writing the Director, National Garden Program, U. S. Department of Agriculture, Washington 25, D. C.

* * * * *

FACTS AND FIGURES ON FOREST FIRES

Here's a follow-up on last week's story about the 1947 Cooperative Fire Prevention Program. You may like to use some of these statistics from time to time as program material. Such information has a definite place in women's programs, since the women have a real responsibility for observing safety rules. Furthermore, they can help to instruct the young people in safety measures. USDA's Forest Service tells us that this year our forests and woodlands will be called upon to furnish.

- 37 billion feet of lumber for homes and other uses.
- 20 million hewn crossties for the country's railroads.
- 18 million cords of pulpwood for paper and plastics.
- 6 million poles for power and phone service.

You might like to contrast these needs with figures on the losses from forest fire during 1946. Incidentally, the terrible truth is that 90 per cent of all forest fires are caused by plain carelessness. They're started by campers, hunters, fishermen, travelers, farmers, ranchers, loggers--by men, women, and children--average Americans who live in or near forest and woodland areas, who work in or near them, or who visit them.

Over 575 Forest Fires A Day In 1946

In 1946 there were over 575 forest, woods, and range fires a day, which destroyed millions of feet of valuable timber, huge areas of rich grazing land, and thousands of animals. In money value these fires destroyed over 30 million dollars worth of timber ... enough to build more than 215,000 five-room homes, enough for 90 million railroad ties, enough for over 5 million tons of newsprint.

Four Rules For Forest Fire Prevention

Here are four simple fire-prevention rules which the Forest Service hopes everybody will observe when they're in the open, and in that way cut down on this tremendous loss of our natural resources:

- 1-Hold your match until it's cold ... then pinch it to make sure.
- 2-Crush out your cigarette, cigar, pipe ashes. Use an ashtray.
Never throw burning objects from a car window.
- 3-Drown your campfire, then stir and drown again.
- 4-Ask about the law ... and a permit ... before burning grass, brush, fence rows, or trash. Then follow safe rules ... don't burn when it's dry or windy; have help handy; kill every spark!

* * * * *

TIPS ON GARDEN TOOLS

Here's a suggestion about home gardening. Garden specialists of the U. S. Department of Agriculture say it's better to have a few simple, lightweight, substantial tools, than to buy a lot of poorly designed equipment made of cheap or low grade materials.



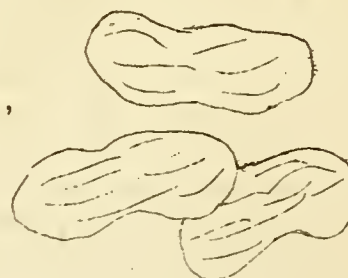
For a small garden, the following supplies should be sufficient: a shovel or spading fork with a long handle, a steel bow rake, a 7-inch common hoe with socket handle fitting, a strong cord for laying off rows, and enough garden hose to reach all parts of the plot. In transplanting, a trowel is useful but not essential. If the soil is properly prepared, plants can be set out more easily with the hands alone than with a trowel.

If the garden is larger than 2,000 square feet, a sturdy wheel hoe will be found a worthwhile investment. This will take care of most work done with a common hoe, with much less effort. The single wheel type is probably the easiest to handle, although some gardeners prefer other styles. Hand hoes as well as wheeled implements should be kept sharp, so that good work can be done with little effort. And it's a good idea to clean tools thoroughly after each use. To prevent rusting wipe with an oiled rag.

* * * * *

PEANUT BUTTER PROSPECTS

The plentiful food list for April includes peanut butter, and according to latest reports, there are still enough peanuts from the 1946 crop to provide ample stocks of peanut butter for the country until this year's harvest. Peanut plantings are now under way in Florida, Georgia, Alabama, and Texas. By May, Virginia and North Carolina will be starting their plantings. Acreage and production indications seem to be of the record class of last year.



Incidentally, here's a household storage tip. It's a good idea to turn the peanut butter jar upside down occasionally to allow the oil to mix throughout the product. Of course, if there are children around, there is not apt to be any need for turning the peanut butter jar!

Eggs And Peanut Butter For An Easter Salad

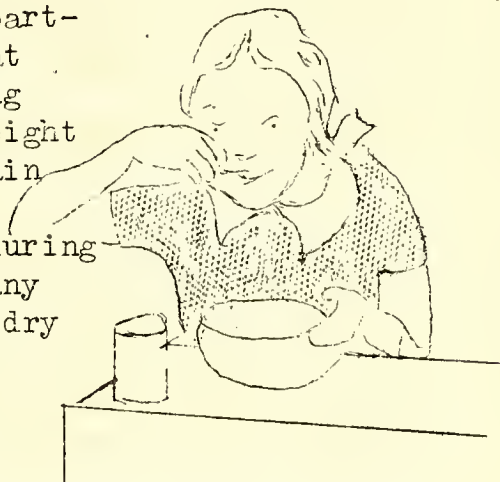
And here's an interesting combination of two plentiful foods ... eggs and peanut butter ... in a salad you may like especially to suggest for use during the Easter season. Hard cook 6 eggs, remove the shell and cut in half. Mash the yolks and blend with $\frac{1}{2}$ cup of peanut butter, $\frac{1}{2}$ cup mayonnaise, 1 to $1\frac{1}{2}$ tablespoons of lemon juice, $\frac{1}{4}$ teaspoon salt and a few dashes of tabasco sauce. Stuff the egg whites with this mixture and serve on a bed of cress, endive, or shredded cabbage. French or mayonnaise dressing may be used on it, or you might like to suggest that peanut butter salad dressing recipe carried in the January 24 issue of RADIO ROUNDUP.

* * * * *

NEW MARKETS FOR DRY MILK

The United States leads the world in milk production, but ranks thirteenth in per capita milk consumption. This is partly due to poor distribution. Use of milk is relatively high in our thickly populated areas, but many sparsely settled communities ... especially in the South and Southwest ... are far from fresh milk market centers.

As an experiment in better nutrition, the U. S. Department of Agriculture purchased and distributed nonfat dry milk solids to a number of schools participating in the national school lunch program. In each of eight states dry milk went to four schools unable to obtain fresh fluid milk in their areas. The dry milk, reconstituted with water and served as a beverage during lunch, was so well received by the children that many more schools in milk deficit areas plan to use the dry milk in their lunch programs.



More Markets Needed For Dry Milk

Nonfat dry milk came into prominence during the war. Dairy farmers were asked to increase their production of milk and to sell it "whole" rather than to sell just the cream. Processors could then use the butterfat for cheese and butter, and the skim milk was dried for export to our armed forces and to our allies. Production of this dried milk increased from 322 million pounds in 1940 to 638 million pounds in 1946. At least half of the nonfat dry milk solids went for military and war purposes.

Today that market is gone and new markets must be found for dry milk in order that valuable riboflavin, calcium, and protein nutrients will not be wasted. The school lunch program, serving more than 8 million children daily, offers a means for expanded use of this food.

* * * * *

FROZEN-FOOD LOCKER PLANT EXTENSION

The way to describe the growth of the frozen-food locker plant business in the United States between 1943 and 1946 is by the use of that good old phrase ... leaps and bounds. Locker plants increased from 4,600 in 1943 to 8,000 in 1946. And as materials and equipment are available, more new ones are being opened, and many old ones are being enlarged. A total of about 13 million persons are now being served. The average number of patrons per plant has jumped too ... from 285 to 414, an increase of 44 per cent in the three years. These figures are given in a recent survey by USDA's Farm Credit Administration. It certainly shows a tremendous interest in freezing as a method of food preservation.

Farmers Are Chief Users

Where are these plants located? Well, the survey shows that farmers were the chief users, the proportion being three out of four. Therefore, most of the plants are convenient to farming communities. The largest number of locker plants is located in the North Central and Pacific Northwest States, but the eastern and southern regions have showed the greatest percentage gain in numbers since 1943. In addition to the processing and freezing of poultry, fruits and vegetables, other services seem to be on the increase ... such as custom slaughtering of meat animals, curing pork, and rendering lard.

Average Plant Holds Around 500 Lockers

In case you're interested in a few more figures: The survey shows that the average plant now holds around 500 lockers, 52 per cent more than in 1943. All plants together have space for approximately 4 million lockers, and can store almost $1\frac{1}{2}$ billion pounds of food. The usual proportion is nine pounds of meat to one pound of fruits and vegetables. One of the lockers installed, 99 per cent were rented. Many plants were 100 per cent rented and had waiting lists.

* * * * *

Locker Plant Plus Farm Freezer

In this connection, the suggestion has been made by household equipment specialists of USDA that a combination plan might be suitable for many farm families. That is, a plan whereby they combine rented locker space

with a small home freezer, thus gaining the advantage of both. According to Miss Lenore Sater, head of household equipment research in the Department of Agriculture's Bureau of Human Nutrition and Home Economics, home freezing has certain advantages over the locker plant. Chief among these are convenience and greater assurance of quality in frozen fruits and vegetables. Disadvantages are higher cost and more danger of food loss if any breakdown occurs in the power lines or refrigerating system.

Home Freezers Save Trips To Locker

Miss Sater points out that a small home freezer of about 6 cubic feet would be satisfactory for the average family of four, supplemented by three lockers in a community plant ... plus the use of plant facilities for freezing meat. The home cabinet with separate freezing compartment would probably provide capacity for freezing the quantity of fruits and vegetables maturing each day, and for storing them until they could be taken from the locker. When the growing season is over, the cabinet would provide ample home storage for a number of packages of each type of food frozen, and space for freezing leftover and cooked foods. It's likely that trips to the locker could be cut considerably by use of the home equipment.

According to the Bureau, this combination plan would cost the family only a little more than if they depended entirely on the locker plant. In return, they'd get higher quality fruits and vegetables, due to more rapid handling from garden or orchard to the freezer. Also, there would be the added convenience and satisfaction of keeping an ample supply of frozen foods at home.

* * * * *

EASTER HONEY

Honey for Breakfast week is being given annual billing by the honey industry, starting Easter Sunday morning.

Stocks of this sweet are still light over the country, but by shopping around you'll find a supply in an occasional store. The market trend in prices has been downward for some weeks, and this market condition has brought out small additional stocks of honey in many localities.

New Crop Honey From Texas And Florida

Not in time for the Easter week celebration, but soon thereafter, new crop honey will be extracted in the Southern States. The first of the new crop ... citrus honey ... will come from Texas and Florida. In May, we'll get orange and sage honey from southern California. And by early summer, there'll be alfalfa and desert honey from Arizona and tulip poplar honey from the Southern States.

FRESH FOOD ROUNDUP

TOMATOES ARE MOSTLY IMPORTS.....

With Mexico doing most of the shipping. Only one or two cars of tomatoes a day are being shipped from Florida. Prices are about what you would expect for imported vegetables.

INCREASING QUANTITIES OF NEW IRISH POTATOES.....

are being shipped. New crop of spuds plus substantial supplies of old potatoes should mean plenty of Irish potatoes on all markets.

CABBAGE IS ANOTHER CANDIDATE FOR THE GOOD.....

supply classification. Four or five states are cutting cabbage for the market, including Florida, Alabama, Texas, and Louisiana. Some of the cabbage is below par on quality though.

ORANGES ARE PROBABLY MOST PLENTIFUL FRUIT.....

on the market with good supplies of valencias coming out of Florida. Grapefruit supplies should be good too.

MORE STRAWBERRIES ARE IN THE OFFING.....

with harvesting underway in Texas. The first truckload of Texas berries showed up on the Atlanta market on April 3. Louisiana is expected to start shipments soon. Florida has been picking strawberries for sometime but most of the crop has been pulled to eastern and northern markets by higher prices. With more states swinging into production, supplies should spread out to reach more markets. South Carolina and Alabama strawberries probably won't be ready for market before last of April or first of May.

MARKETS HAVE A FOREIGN FLAVOR.....

these days with watermelons from Cuba, tomatoes from Mexico, honeydews from Chile and rutabagas from Canada. Could make a feature item but check first since all markets may not have imported fruits and vegetables.

PEPPERS, BEANS (BOTH SNAP AND LIMA), SQUASH, AND ESCAROLE REMAIN SCARCE ...

Shipments of these vegetables are light.

PRETTY FAIR SUPPLIES OF ASPARAGUS AND CELERY.....

should be on markets. Asparagus is coming from California with Arizona, California and Florida cooperating on the celery supplies.

NOT MUCH CHANGE IN CARROT AND BEET SUPPLIES.....

from last week. Same thing goes for cauliflower.

EGG SUPPLIES WILL REACH PEAK.....

within the next two weeks or ten days. After seasonal peak is passed supplies will tend to slim down.

REMEMBER.....

this report is based on general supplies and movement. It's a good idea to check it against your local markets.

1.942
F3 R11 A
cop. 2

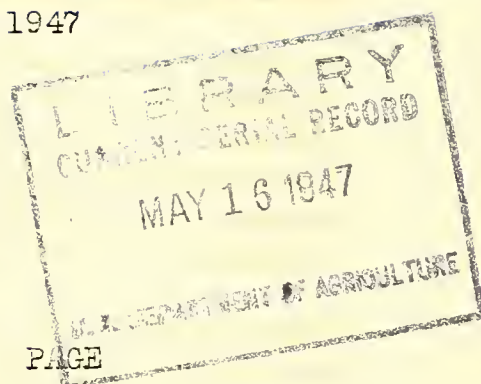
Southern Edition



Radio Round-up

A weekly service for Directors of
Women's Radio Programs

April 11, 1947



IN THESE PAGES

TOPIC	PAGE
CHANGES IN HOME CANNING INSTRUCTIONS	2
IN THE MAY FOOD BASKET	3
"C" AS IN STRAWBERRY	3
SAUERKRAUT SURPLUS	4
COMMUNITY CANNING ... POLISH PROJECT	5
FACT SHEET ON HOME DEMONSTRATION WEEK	6
FIRMER APPLES FOR FINER PIES	7
FOOD ROUNDUP	8

U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

CHANGES IN HOME CANNING INSTRUCTIONS

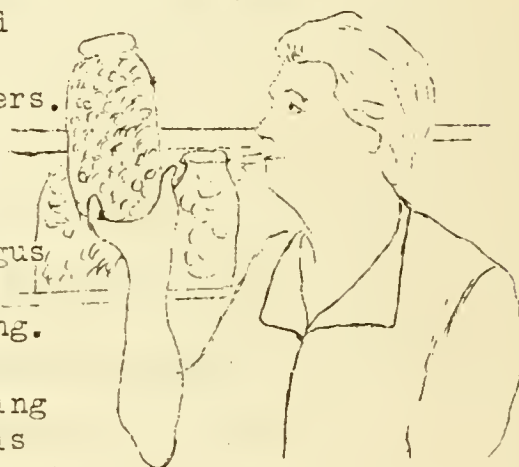
There's some news about canning just released by the USDA's Bureau of Human Nutrition and Home Economics ... changes in the time of processing certain foods. You might like to include this information in broadcasts in which you discuss home canning. If you haven't come to the subject yet, we suggest you file this information carefully in the home canning folder, for reference at the proper time. It is extremely indefinite as to when a new home canning bulletin will be issued by the Department ... the reason, printing fund problems. Therefore, we'll keep you posted about the changes in regard to specific foods, as the canning season advances.

Asparagus And Garden Peas

Asparagus and garden peas come first on the home canning schedule in many households, so those are the two vegetables we will talk about right now. The new and improved directions for canning are based on three years of intensive scientific study of home canning low-acid vegetable and meats, as the job is done in home kitchens and with family-sized steam pressure canners.

For pint jars, the processing time recommended is now shorter than in the past, and this means the vegetables will look and taste better. For asparagus home-canned in quart-sized jars, longer processing has been found necessary, to insure the food keeping.

The research scientists stress the necessity of using a steam pressure canner for low-acid foods. This is the only practical method of guarding against the serious food poisoning known as botulinus. The directions given are for this method of canning only, it should be emphasized, since the processing time given may not be long enough for food prepared and packed by some other method.



ASPARAGUS: Wash asparagus, trim off scales and tough ends and wash again. Cut into 1-inch pieces. Cover with boiling water and boil 2 or 3 minutes. Pack hot asparagus to $\frac{1}{2}$ inch of top of glass jars. Cover with hot cooking liquid, or, if liquid contains grit, use boiling water. Leave $\frac{1}{2}$ inch space at top of jar. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240 F.) -- pint jars, 25 minutes; quart jars 55 minutes. As soon as jars are removed from canner, complete seals if not the self-sealing type.

GREEN PEAS: Shell and wash peas. Cover with boiling water. Bring to boil. Pack hot peas to 1 inch of top of glass jars. Cover with boiling water, leaving 1 inch space at top of jar. Add $\frac{1}{2}$ teaspoon salt to pints; 1 teaspoon to quarts. Adjust jar lids. Process in pressure canner at 10 pounds pressure (240 F.) in either pint or quart jars, 40 minutes. As soon as jars are removed from canner, complete seals if not the self-sealing type.

IN THE MAY FOOD BASKET

The plentiful food list announced by the U. S. Department of Agriculture for May contains several commodities that have been in the food limelight for months. Potatoes for one, will continue to be abundant on markets throughout the country. Citrus fruits, both fresh and processed, are also plentiful. That processed line-up includes canned orange and grapefruit juice, blended citrus juices and canned grapefruit segments.

In the dried fruit classification, there are peaches and small-sized prunes. These two dried fruits will be in relatively heavy supply for May.

Eggs and heavy tom turkeys are the poultry items on the list. Peanut butter also continues plentiful.

* * * * *

"C" AS IN STRAWBERRY

Those luscious-looking fresh strawberries you're probably seeing in the market these days will do more than please your taste buds ... a generous serving will, on the average, supply the recommended daily quota of vitamin C. That's the report recently made on a study by plant scientists of USDA.

The variety of the berry and the weather conditions under which it's grown both affect the ascorbic acid content. The scientists analyzed 44 varieties and found that the one testing highest had about $2\frac{1}{4}$ times as much as the variety lowest on the scale. Two of the more important commercial varieties ... Marshall and Catskill ... and five of the less important or new varieties ... Redheart, Gandy, Fairpeaks, Fairmore and Tennessee Beauty ... all have high vitamin C content. They differ in other respects, however ... in color, sweetness, and firmness of flesh ... so you can't judge by the appearance or flavor of the berry.

It's interesting to note that there's little difference in the amount of vitamin C between strawberries picked early in the season and those picked near the season's end. However, the amount of vitamin C can be increased by letting half-red berries ripen for a day or two before serving, even after they've been picked. If they're allowed to ripen on the plant, that's even better.

* * * * *

Raw eggs separate most easily into whites and yolks when they're from 50 to 60 degrees F. An egg just out of the refrigerator is so cold its white is viscous and clings to both shell and yolk, making separation difficult. When an egg warms up to 75 degrees in a warm kitchen, the yolk flattens out and is likely to break in separating. Specialists advise removing eggs from the refrigerator about half an hour before separating.

SAUERKRAUT SURPLUS

There's plenty of sauerkraut to spice up spring meals. Recent reports from kraut packers indicate that about 70 per cent of the 1946 pack is still available. The pack was slightly larger than that of 1945, and almost double the 10-year average production. Therefore, that 70 per cent carry-over represents quite a supply of kraut to be moved in the near future. This is specially important when you consider that ordinarily by March 1 only 20 to 30 per cent of the kraut production is still in the packers' hands.

Prices Reasonable

Prices are very reasonable too, though there may be enough variation in retail store prices so that the homemaker will need to shop around for a bargain. The kraut is in bulk and in cans ... the No. 2 1/2 can is in particularly good supply. This size contains six generous servings, so if only part of the contents are to be used at one time, the unused portion should be kept tightly covered in the refrigerator.

Sauerkraut Serving Suggestions

This is a food with an international aspect ... it's appeared in many parts of the world. History tells us that fermented cabbage was invented in Asia, and it's still eaten in China. The Tartars get credit for bringing sour cabbage to Europe, and as it spread into various countries, new ways of preparing and serving it were tried.

When you're suggesting sauerkraut, tell your listeners to try it with other foods besides the traditional sausage, spareribs and pigs' knuckles. It's often used for stuffing turkey or goose, or served with them. Also, sauerkraut follows tradition when it's teamed up with fried liver or baked fish. When you're planning a buffet supper, here's something that's easy to fix and good to eat ... potato salad, toasted frankfurters and sauerkraut.

Sauerkraut In Salad

Now that warmer weather's on the way, chilled sauerkraut can be a welcome addition to summertime meals. It's very easy to keep a can or two in the refrigerator, ready to open at a moment's notice. It can be served plain, or drained, chopped, and combined with other vegetables in a salad. Shredded raw carrots, sliced tomatoes or cubed beets will add both flavor and color.

Sauerkraut Juice Appetizer

Don't overlook chilled sauerkraut juice as a first course for dinner ... either straight or with a dash of lemon juice, or combine it with tomato

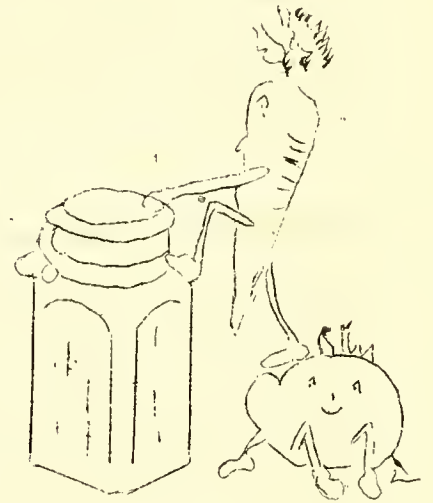
juice on a fifty-fifty basis, for a delicious combination of flavor.

Sauerkraut contains some minerals and vitamins for the nutrition score ... its best point is that it's a good source of vitamin C. Food specialists of USDA point out that it's especially valuable as a flavor contrast at mealtime ... can be considered a relish as well as a vegetable.

* * * * *

COMMUNITY CANNING ... POLISH PROJECT

Community canning projects have become a very important part of the life of many American towns and cities in recent years. Therefore, it may interest your listeners to hear of the introduction of this typically American activity into a European country ... and by an American woman. The country is Poland ... the woman, Lula Mae Longoria, a food preservation specialist from Louisiana, who went to Poland under the auspices of UNRRA. She has just returned to the United States, and at a recent meeting at UNRRA headquarters in Washington, D. C., gave an interesting account of her work in Poland. That country, as you know, is a center of some of the worst of the wartime devastation.



Recommended by USDA

Miss Longoria, who was in charge of Louisiana's Community Canning Program, was recommended to UNRRA by the U. S. Department of Agriculture. She went abroad last August, to work with the Polish government and establish a program of food preservation. She found that the idea of community canning was completely new to the Polish people ... in fact, they knew very little about the canning of food generally. Poland has been famous for years for meat preservation, but they've done very little in the way of processing other foods. She learned that the small quantity of food preserved commercially was canned by almost primitive methods. Because of limited refrigeration facilities, chemicals were widely used to preserve the food. Her informants told her that this affected both the flavor and the nutritive value, leading the Polish people to become extremely dubious about the quality of canned foods. The distribution of much American canned food by UNRRA during the war helped to change the attitude of many people.

Established Training Course

A representative of the Polish Ministry of Agriculture ... a woman with a background of nutrition study ... was assigned to work with Miss Longoria. They trained 47 men and 7 women in community canning, and Miss Longoria

reports that they were intensely interested in the course. The pressure canners and other American equipment sent over were entirely new to them, and they were most anxious to become proficient in their use. The government was trying to get the program started before winter, because of the great need for food in orphanages, hospitals, and other institutions. Due to the tremendous war damage, many Polish communities have no facilities for food production or preservation. The government decided to start community canning projects first in such areas. Fuel for power was a necessity, of course, so centers were established in places where this was easily available ... sometimes it was coal, sometimes natural gas. In all, 38 plants were set up, one of them exclusively for the training of workers.

Community Canning Helps Rehabilitate Country

The Polish government feels these community canning centers will help carry the country through the difficult years ahead. The terrific wartime damage will not be repaired for a long time to come, but community canning will help solve many of the country's food problems. Miss Longoria reports that her Polish co-workers know they will sometimes meet opposition to this program. However, she told them she's often seen a lack of cooperation, and sometimes real opposition, in this country. They were encouraged to learn of the methods we Americans used to overcome these difficulties, and wanted her to stay on to supervise the program. She found the work in Poland stimulating and extremely interesting, but as she was on leave of absence from her job in Louisiana, she could not accept this responsibility.

* * * * *

FACT SHEET ON HOME DEMONSTRATION WEEK

National Home Demonstration Week this year will run from May 4 to 11, as you will see from the enclosed fact sheet. This is the second annual observance, and the 1947 theme is "Today's Home Builds Tomorrow's World."

Those of you whose programs serve rural areas probably already are making plans for some special mention of NHD Week ... possibly tying up with community affairs, such as special programs, teas, exhibits and tours. It's a good time to schedule interviews with home demonstration agents, or with some of the half-million or so rural women who serve as volunteer leaders.

The feature of this year's observance will be the progress made in rural family and community living since the home demonstration program was initiated over 30 years ago. Rural women are studying ways and means of forwarding the family's health, comfort, and happiness, and in this way helping to build better communities. ...

Library Sponsored In Hart County, Georgia

The fact sheet is being sent only to the women's radio program directors who receive RADIO ROUNDUP. Therefore, we're giving an excerpt, for the benefit of the other readers of ROUNDUP, to show some specific activities of home demonstration clubs throughout the United States. For instance, in Larimer County, Colorado, a club began raising funds to help build a new hospital at Loveland. In Harrison County, Missouri, a series of dental clinics for school children in the county was sponsored by the county council of home economics extension clubs. In South Dakota, the Thimble Club began raising funds for a memorial community building. Three home demonstration clubs in Hart County, Georgia, sponsored a community lending library. Oklahoma's home demonstration groups helped provide or improve playgrounds, parks, or community buildings in 875 communities. Rural women in Torrance County, New Mexico, are sponsoring a hot-lunch program in the consolidated school at Estancia, the county seat, during the current school year.

Rural homes and communities throughout the 48 states, Alaska, Hawaii and Puerto Rico are observing this second annual National Home Demonstration Week. For further information, get in touch with your state or county home demonstration workers, or your State extension editor.

* * * * *

FIRMER APPLES FOR FINER PIES

In the very near future, bakers are going to build better apple pies ... and it's all on account of several years' research into the problem of firming apple slices. USDA's Agricultural Research Administration has just announced the results of this research, which has been carried on by the Department's Eastern Regional Research Laboratory in Philadelphia, and by the State Experiment Stations in Massachusetts and New York. You may not realize that one of the reasons why commercially baked apple pie doesn't have that good old-fashioned flavor is because the apples themselves aren't as full-flavored as the ones mother probably used. You see, the apples which are prepared for the pie trade are the firmer varieties which hold their shape in cooking and make a better looking pie. These, however, aren't as full of flavor as the softer, juicier apples.

The scientists have found that there's a simple way of treating these softer, finer-flavored apples so that they won't break up and turn into applesauce in the baking. The apple slices can be dipped, impregnated, or cooked in a very weak solution of calcium chloride. Then they can be baked immediately in a pie if desired, or canned or frozen for future use.

Several commercial processors already are trying out the calcium-firmed apple slices for canning and freezing. This new method of treating the apples has another advantage ... it gives a new outlet for early apples which have in the past sold mostly to the fresh markets.

FOOD ROUNDUP

SPRING STRAWBERRY SEASON HAS OPENED

Louisiana shipments have reached carlot proportions. Alabama has moved a few by express. Florida shipments are slimming off, but other states will be in the picture by last of April.

COMEBACK FROM FLORIDA FREEZES

is being staged by deep South vegetable producing areas. Florida's vegetable movement has shown a definite pickup. Snap bean supplies are increasing. Atlanta wholesale market reflected the trend, with price drops as high as \$3 per bushel hamper in some cases.

GOOD, STEADY CITRUS SUPPLIES

should be reaching all markets. Main season for pineapple oranges is about gone, but Valencias are taking their place. Arizona, California, Florida, and Texas are all contributing grapefruit supplies to put zip in a breakfast and vitamin C in your diet.

TOMATO SUPPLIES ARE STILL SLENDER

and high-priced. Some hope of more tomatoes by last of April or first of May.

SWEET POTATOES ARE ADEQUATE

if not plentiful. A good way to get plenty of vitamin A.

IRISH POTATOES FROM EITHER OLD OR NEW STOCKS

are available in supplies sufficient to meet all demands.

ASPARAGUS SHOULD BE EASY TO FIND

California is shipping a good supply, and South Carolina is just beginning its harvest. A few carloads are coming from Washington, too.

MORE CELERY FROM FLORIDA

by the last of this month. Spring crop from California is just beginning to move, with heavier volume promised by last of April.

KALE SHIPMENTS IN VIRGINIA

are declining. Crop will be gone by last of month.

THIS REPORT IS BASED

on general supplies and movements. Might be a good idea to use it as a guide for checking local markets.

1.942
FBR11 H
Cap. 2

Southern Edition



Radio Round-up

A weekly service for Directors of
Women's Radio Programs

April 18, 1947

LIBRARY
CURRENT SERIAL RECORD
MAY 16 1947
U. S. DEPARTMENT OF AGRICULTURE

IN THESE PAGES

TOPIC	PAGE
FROZEN FOOD BARGAINS	2
SHOPPING TIPS ON THAT NEW WASHER	2
MORE JELLIES & PRESERVES	4
NED WEEK HEADLINES	4
DRIED PRUNES AND PEACHES PLENTIFUL	6
PEPPER PORTION	6
GAGE-TESTING TIME	7
FIGHT FLIES EARLY	7
FOOD ROUNDUP	8

U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
440 West Peachtree St., N.E., Atlanta, Ga.

FROZEN FOOD BARGAINS

In these days of high food prices, it's good news when we hear of something that's coming down. According to information from marketing specialists of USDA, and from trade sources too, this has happened, in the case of frozen fruits and vegetables. There's a wide variation in retail store prices, however, and it may be necessary to shop around a bit. Bargains are being offered in many stores, though, and they're worth investigating.

High Storage Holdings Mean Low Prices

Storage holdings of both frozen fruits and vegetables are much above the average for this time of year ... that's the reason for price reductions. On April 1, there were 366 million pounds of frozen fruits in storage, which is 45 million pounds higher than on the same date last year. As for vegetables, the April 1 total was 276 million pounds, about half again as much as was in storage last April 1.

A good portion of the frozen fruits are in large containers and will be used by manufacturers of preserves, ice cream, and confections. There are ample stocks of frozen fruits in consumer-sized packages, however ... particularly of apricots, peaches, cherries, pineapple, raspberries, and strawberries. And if you've kept frozen fruits off your shopping list because of relatively high prices quoted early in the winter, you're in for a surprise now.

In the frozen vegetable line, there are particularly generous offerings of peas, snap beans, corn, and spinach.

* * * * *

SHOPPING TIPS ON THAT NEW WASHER

Now that it's possible to make a choice of washing machines again, maybe you'd like to give your listeners some pointers on selecting the right washer ... suggestions from the home equipment specialists of USDA's Bureau of Human Nutrition and Home Economics.

Automatic?

That's the first question generally asked, and the answer depends on several things. An automatic washer saves time and labor, of course. You put in the clothes, set the controls, add soap, and the machine does the rest. It fills itself with water at the right temperature, washes and rinses the clothes, spins them damp-dry. And while the clothes are drying, the tub is cleaned and drained; only the trap needs to be cleaned of lint ... no laundry tubs are needed.

To use an automatic washer, however, there must be a plentiful supply of running hot and cold water, reasonably soft. Also the water system must

provide enough pressure for the automatic washer.

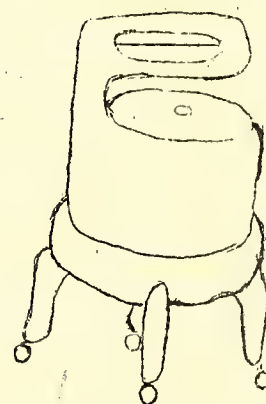
The cost of an automatic washer is higher than that of the standard type, and there may be extra charges for installing it. Furthermore, the upkeep may be greater because the mechanism is more complicated. Therefore, the question a purchaser must settle is how important the saving of time and labor is ... how much it's worth in actual money.

Wringer or Spinner?

If you decide on the standard or non-automatic machine, you can get either the wringer or spinner type, though there are more models with wringers. They can do equally good jobs, so it's a matter simply of comparing the various machines as to special features.

What Size?

The capacity of a washer is usually measured by the number of pounds of clothes that can be washed at one time. The standard size machines, designed for ordinary family use, usually range from 6 to 10 pounds. It's well, too, to consider the number of times you wash each week and the way you sort clothes for washer loads. For instance, if you wash only once a week, you may need a machine that takes the whole wash in the fewest possible loads. And consider the amount of water that the machine will require ... some take more than others for the same size load. This is an important point in areas where water is scarce, the rate high, or where heating or pumping are problems.



The twin-tub wringer machine is made by some manufacturers, and you might consider this type. With it you can wash two loads at a time, or use one tub for washing and one for rinsing.

How About Portables?

Portable machines that hold from 2 to 3 pounds of clothes are handy for small washings, baby clothes, or small items kept separate from the family wash. They do not take the place of a standard-size machine, however, even in a small family, if all the washing is done at home.

Features to Check:

The washing mechanism ... the device inside the washer tub that moves the clothes through the water ... can be the agitator, the cylinder, or the vacuum cup type. All have good features, and you may like to get the opinions of friends who've had experience with different models before

deciding. Here are some features you'll definitely want to find in your washer, though:

- 1-Control levers placed where you can reach them easily, to start and stop the washer, and to manage the wringer's safety release.
- 2-Rubber-covered swivel casters that roll easily ... plus a lock on casters or caster cups to hold the machine steady when in use.
- 3-A waterline that's easy to see, to help in filling the tub to the right level.
- 4-A grounding device for the washer frame, to avoid electric shock if the insulation fails.

Your Money's Worth:

Select a well-built washer made from sturdy materials well-braced and welded. Be sure that there are no sharp edges, or rough screw and rivet heads to tear clothes. Parts coming in contact with clothes should be rust-proof. Gears should be enclosed, so that nothing can get caught in them. Tub and motor should be mounted on rubber, or hung on springs, to lessen vibration and noise.

As many of the values important for durability and efficiency are hidden, your best assurance is to buy a washer bearing the name of a reliable maker. Look also for the seal of the Underwriters' Laboratories, which means that motor and electrical connections have been approved as safe. And, for good servicing, buy from a local dealer with a dependable service department.

* * * * *

MORE JELLIES & PRESERVES

There's good news about jellies and preserves ... many cities report ample supplies on hand, and also that prices are beginning to come down from those of last winter. The increase in supplies is a result of the receipt of the April sugar allotment by preservers and jelly manufacturers.

* * * * *

NHD WEEK HEADLINES

Here's more news from USDA's Extension Service regarding National Home Demonstration Week, which is to be observed throughout the nation from May 4 to 11.

As we pointed out in last week's ROUNDUP, the theme of the 1947 observance is "Today's Home Builds Tomorrow's World." The purpose of the week's

activities will be to interest more families in the voluntary on-the-job education program planned and conducted by local women and the cooperative extension service of USDA and the Land-Grant Colleges throughout the 48 states, Alaska, Hawaii, and Puerto Rico.

Here are specific reports from certain states as to activities they're planning. Many of you, especially those who know you have rural listeners, may like to check on them, with possible program features in mind.

State Activities

Delaware: A State meeting will be held in Dover May 8. It will feature a fashion show of garments made by the women in tailoring schools, and special recognition of those homemakers who serve as local leaders. Lady Worsley Taylor, president of the Federation of Women's Institutes for England and Wales, will be guest speaker.

West Virginia: State Leadership Training Conference at Jackson's Mill.

South Dakota: State Luncheon at Brookings ... rural women will be featured speakers. Slides of home demonstration work will be shown, and a tribute to the home demonstration agent given. Guests will include State officials and representatives of various State and civic organizations.

New York & Virginia: District meetings of home demonstration groups will be held during week, with discussions of projects and problems to be taken up during the coming year.

Tennessee & Mississippi: Community clean-up drives will be sponsored.

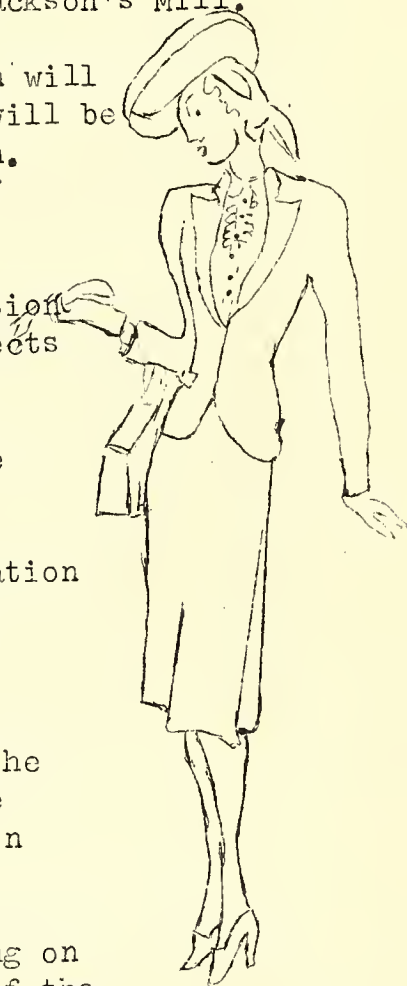
Arkansas: Special attention will be given to the organization of young homemakers' clubs, which they call Sister Clubs. Plans also are reported for community picnics and Mother-Daughter luncheons.

Wyoming: There's to be a publicity contest sponsored by the State Council of Home Demonstration Clubs. Prizes will be awarded county councils submitting the best news stories on events of the week.

The foregoing will give you some idea of what will be going on during National Home Demonstration Week in certain parts of the country. You can find out more specific details from your state or county home demonstration agent, or your state extension editor.

* * * * *

Egg yolks for mayonnaise dressing should be cold--just out of the refrigerator to make a smooth emulsion with oil.



DRIED PRUNES AND PEACHES PLENTIFUL

Two varieties of dried fruit, peaches and prunes, are on the plentiful food list for May, so you might well bring these into your meal-planning suggestions occasionally. Prunes in particular seem likely to be a good buy in most markets. The quality is good, the price lower than earlier in the year, and civilians will be able to get twice as many as in any May since the beginning of the war. Most of the prunes probably will be of medium and small size.

You may like to refer to the serving suggestions for dried fruits listed in October 4, 1946, RADIO ROUNDUP. Here are a couple more, from the food specialists of USDA, to add to your collection. You'll note they feature peanut butter and eggs, two more foods on the May plentiful list.

Dried Fruit Sandwiches

Cook dried fruit and drain. Chop and mix with creamed butter, cottage cheese, or peanut butter. Spread between slices of bread for sandwiches.

For variation make sandwiches as suggested, dip into a mixture of egg and milk, and fry in a little melted fat until golden brown on both sides. For six sandwiches, use 2 eggs beaten with 3/4 cup of milk, 1 tablespoon of sugar, and salt to season.

Dried Fruit Omelet

Here's another idea for using dried fruit, especially interesting during the season of heavy egg production. For each egg, use 1 tablespoon of milk, with salt and pepper to taste. Beat the eggs just enough to blend the yolks and whites. Add the milk and seasonings. Heat a heavy frying pan and add enough fat to cover the bottom of the pan. When the fat melts, pour in the egg mixture. Cook over low heat. Lift the egg mixture with a knife and let the uncooked portion run underneath, until the whole mass is set. When the omelet is lightly browned, spread with cooked, hot dried fruit. Roll and turn onto a hot platter and serve at once.

* * * * *

PEPPER PORTION

The Indian government announced that it will allocate an additional 4,400,000 pounds of black pepper to the United States by September. Earlier in the year, India allocated us approximately 3,500,000 pounds, and part of this amount already has been shipped to the United States. While the total allocation will not equal pre-war use, it should fill some of the back orders for this spice. The average person in this country uses two ounces of black pepper per year ... this of course, doesn't include the amount used by food processors.

* * * * *

GAGE-TESTING TIME

It's time again to remind homemakers that the dial gage of a pressure canner should be tested for accuracy before the season's canning is started. The household equipment specialists of USDA's Bureau of Human Nutrition and Home Economics point out that unless the gage registers accurately, food being processed may get too little heat for safe-keeping, or may be needlessly overcooked, which causes loss of vitamins and flavor.

Again, the canning specialists point out that only the steam pressure canner is safe for processing low-acid foods ... snap beans, corn, and the other commonly home-canned garden vegetables, excepting tomatoes. This applies also to meat. Ten pounds pressure ... the equivalent of 240 degrees F. in temperature ... should be used.

Here are recommendations from the Bureau for seeing that a gage is dependable.

If the pressure canner has a weighted gage, this needs only to be very clean and properly put on the canner.

A dial type gage, new or old, should be checked for accuracy before each canning season ... also during the season if it's used a great deal. This gage can be checked with the dealer, the manufacturer of the canner, or with the county home demonstration agent.

* * * * *

FIGHT FLIES EARLY

The fight against flies is beginning early this year, with a nationwide drive to control these dangerous pests. Entomologists of the U. S. Department of Agriculture state that DDT is the most effective weapon in this fight ... especially when it's applied as a residual spray to walls and surfaces on which the insects alight and crawl. The residual sprays dry and leave DDT deposits on the surfaces sprayed, and these continue to kill insects for weeks, or even for months afterward. The most effective spray for this purpose is a solution containing approximately five percent of technical DDT.

Farm families are urged to spray walls, sheds, and barns, the fences around pig pens and cow yards, garbage pails, and the like with DDT spray. And city dwellers should join with Department entomologists in urging city authorities to use DDT sprays on garbage cans, curbs and gutters of market places, in stock yards, and other places where flies concentrate.

The five percent DDT spray used for this purpose is not the same as the space spray, dispensed by means of the aerosol "bombs." That type of insecticide is intended to give a rapid knock-down of insects, but not to leave a killing residue. The Department has approved several formulas for aerosols containing three percent of DDT, suitable for killing household insects in the flying stage.

FOOD ROUNDUP

A 965-POUND CHAMPION STEER SET A STATE PRICE RECORD

in Alabama when it sold for \$2.70 a pound. The steer was the grand champion of the eleventh annual Tri-State Fat Stock Show and Sale. Steer was owned by a 4-H member. Price was a record for Alabama only.

CUCUMBERS ARE BACK AGAIN

in carload lots from Florida. Supply is still limited and prices high, but one or two carloads a day are being shipped.

SPINACH LOOKS LIKE A GOOD VEGETABLE

bet for the week. Harvesting and marketing of the Virginia crop is in full swing.

PROLONGED RAINS

may be causing some damage to the strawberry crop. Can't say for sure how much yet, but keep an eye on local supplies.

MOST PLENTIFUL FRUIT

is still citrus. Oranges and grapefruit should be in generous supply on all markets. Apple supplies are about normal; haven't changed much for the week.

EGG PRICES INCREASED

in many spots the past week. We generally have more fresh eggs than we need about this time of the year. But egg consumption is high ... and storage holdings are light. This combination may be one reason for price increase.

CABBAGE, CARROTS, GREENS, AND SWEET POTATOES

should be in pretty good supply on most markets. Prices haven't varied much for the week. Cabbage quality hasn't been up to par, but current cuttings are getting better.

SPRING LAMB CROP IN SOUTHEASTERN STATES IS LATE

reaching markets this year. A few more were marketed last week.

ENGLISH PEAS FROM SOUTH GEORGIA

are beginning to reach markets. Season will last about a month probably.

GENERAL SUPPLIES AND MOVEMENTS

are background for this report. It's a good idea to check it against local market supplies.

1.942
F3R11A

Southern Edition



Radio Roundup

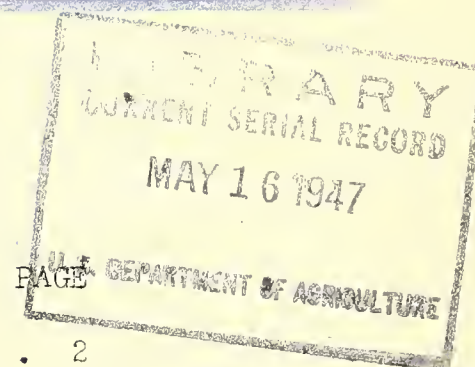
A weekly service for Directors of
Women's Radio Programs

April 25, 1947

IN THESE PAGES

TOPIC

FOR THE SPRING SALAD BOWL	2
MEAT ON THE HOOF	2
POSTSCRIPT ON PRUNES	3
WITH THE FLEET	4
WOOD WONDER WORKERS	5
WEED WARNING	6
CHILD HEALTH DAY MAY 1	6
ADDITIONS TO THE PLENTIFUL LIST	7
FOOD ROUNDUP	8



U. S. Department of Agriculture
Radio Service

Address inquiries to:

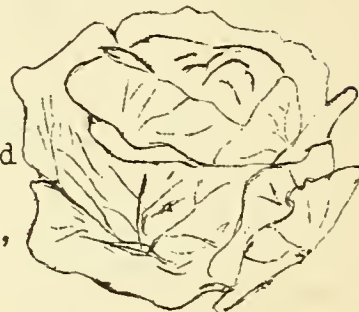
Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

FOR THE SPRING SALAD BOWL

The trio that's tops in the vegetable line throughout most of the country right now is cabbage, carrots, and spinach ... every one of them a fine addition to the spring salad bowl. And they're good cooked, as every meal-planner knows, for salads or for vegetable plates.

Florida Cabbage And Virginia Spinach

The new crop of cabbage is coming from Louisiana, Texas, and Florida ... the carrots (both topped and bunched) are from California, Arizona, and Texas ... the spinach from Arkansas, Oklahoma, Virginia, and, again Texas.



Raw vegetables used in salads should be chopped or shredded just before serving. Here are a few serving suggestions, from the food specialists of USDA:

Shredded cabbage with chopped onion and peanuts, or with chopped or grated raw carrots.

Raw or cooked carrots, thinly sliced, combined with cooked green beans, fresh, frozen, or canned.

Raw chopped spinach with diced tomatoes or hard-cooked eggs.

Incidentally, these salad combinations go well in sandwiches too. To make sandwich fillings, cut the vegetables fine and mix with salad dressing or creamed butter or margarine.

* * * * *

MEAT ON THE HOOF



There are about 200,000 more cattle in feed lots this April than a year ago. This means a sizeable increase in the beef supply in the months ahead, more than enough in fact, to make up the seasonal decrease in pork supplies.

Since these cattle will be fed grain and concentrated feeds, the amount of quality beef is also going to be stepped up in the coming months. More beef will rate "Good" and "Choice" grades than during the first three months of 1947.

No Changes Seen In Pork Prices

Retail pork prices probably won't change much in the weeks immediately ahead, as this is an in-between season for hog marketings. About all of last year's spring pig crop has been marketed, and the heavy run of 1946 fall pigs won't be reached until late May or early June. Don't look for heavy supplies then, though. There just won't be much of an increase in

pork until November, when the spring crop from this year is started to market. Neither can you expect much lamb and mutton this spring and summer. Lamb and mutton production for 1947 will be down about 20 per cent from last year..

However, with the increase in beef, there'll be about a third more meat offered this year than in pre-war years. There will be a per capita share of between 150 and 155 pounds ... the largest in 35 years.

* * * * *

POSTSCRIPT ON PRUNES

In last week's RADIO ROUNDUP we told you that dried peaches and prunes, especially prunes, are among the plentiful foods this spring. Not only are these dried fruits likely to be a good buy from the budget standpoint, but they're nice little packages of nutrition as well. They supply sugar for energy, as well as vitamins, and minerals. Furthermore, dried fruits contain less water and more substance than fresh fruits. Therefore, it's a good idea for the homemaker to take advantage of the present plentiful supplies. (Of course, there was that character in Dickens who recommended to young ladies the use of certain words to help make the lips small and well-shaped ... one of these words being "prunes." You can decide for yourself whether that's worth mentioning!)

Store Carefully

It's a good idea to caution your listeners about careful storage of dried fruits. Since most of the moisture has been removed, they have a tendency to absorb dampness again. That's why prunes are often packed in moisture-proof packages. After the seal of the package has been broken, it's well to put the remainder of the fruit in a jar or box with a tight-fitting lid, and store it in a dark, cool place. Cooked prunes keep well, so it's economical to cook the whole package at one time and store them in the refrigerator until they're used up.

Cook Long and Slowly

Speaking of cooking prunes, the food specialists of USDA advise that the process be long and slow, in order to develop the flavor and permit even cooking through to the pit. When prunes are thoroughly cooked the flesh separates easily from the pit, and the juice is thick and sweet. Some prunes don't need any soaking, and it's never advisable to soak them for a long time. Some of the minerals and vitamins dissolve in water, and a loss of flavor results too. Where there are directions on the package, it's a good idea to follow them.

Jellied prunes are a delicious dessert which glamorize prunes to a point where every member of the family is likely to ask for seconds. It's one

recently tested and revised by the food specialists of USDA's Bureau of Human Nutrition and Home Economics, and you may like to suggest it to the homemakers in your audience.

Jellied Prunes

1 tablespoon plain gelatine
 $\frac{1}{2}$ cup water

$\frac{1}{4}$ cup lemon juice
 $\frac{1}{2}$ cup sugar

$\frac{1}{8}$ teaspoon salt
1 $\frac{3}{4}$ cup hot prune juice
or juice and water
2 cups well cooked prunes,
drained and pitted

Soak gelatine in water 5 minutes. Add soaked gelatine, lemon juice, sugar, and salt to hot liquid and stir until dissolved. Chill until partly thickened. Chop prunes coarsely and fold into thickened juice. Chill until set. Serve with plain or whipped cream. 6 servings.

To make this dessert even more interesting, a few chopped marshmallows can be folded in at the same time the prunes are added. Another nice touch is to sprinkle chopped nuts on top of each serving.

* * * * *

WITH THE FLEET

Now that winter is over, the fishing fleet is moving out in number. The catch of our principal food fish varieties is heaviest from May through November. From November through April, when seas are stormy and rough, fishing effort is at a minimum and we depend primarily on storage stocks for our fish meals.

Shad Season Beginning

The first of the spring runs of mackerel and shad are now reaching markets in the New England and North Atlantic States. Other principal varieties being caught along the Atlantic coast include cod, haddock, flounder, sea trout, and striped bass.

The halibut catch gets under way on the west coast May 1 ... the opening date and volume of catch being regulated by an agreement between Canada and the United States. The salmon season in the Pacific Northwest also opens about May 1.

With navigation opening on the Great Lakes, there is increased activity in the landings of smelts, yellow pike, and cisco. From the South Atlantic and Gulf areas are coming red snapper, mullet, and catfish.

It looks now that as though increased proportions of the 1947 landings will be processed in frozen form and marketed in consumer-sized packages.

About twenty years ago, only 10 per cent of the catch was frozen. Today a much larger portion is being frozen, in order that there can be wider distribution and a more uniform year-round supply of fish. Packaged fish ... chiefly in fillet form ... has grown in popularity, because it's easy for the retailer to distribute and is ready for immediate use by the homemaker.

WOOD WONDER WORKERS

The average woman at home probably knows little about certain activities of the U. S. Department of Agriculture which are of direct benefit to her and her family. Take the Forest Products Laboratory at Madison, Wisconsin, for instance. This is the place in which many of the most interesting uses of wood have been developed ... the largest research center in the country devoted entirely to the study of wood and wood products.

In a recent radio broadcast, the Chief of Forest Products of the U. S. Forest Service and two of the scientists from this laboratory discussed its work. They told about experiments now under way which will be of great value in home building and furnishing.

A New Method For Making Hardwood From Softwood

For example, they're now working on ways to make hardwood out of softwood. One method already developed is called Staypak, and it's made simply by heating wood having a proper moisture content, and compressing it. This converts the wood into what appears to be a fine hardwood, hard enough to be used for flooring. Eventually, they hope to produce a Staypak floor that will compete with hardwood flooring of oak or maple.



The plywood experiments now under way are of great interest too, since a lot of plywood is needed for new homes and furniture. Plywood, you know is made up of strips of wood veneer, three or more in number, glued together, with the grain of each strip laid crosswise. Plywood is important in both home-building and furniture making because it offers greater resistance than solid wood of the same thickness ... isn't so easy to split or puncture ... can be made up in far larger sheets than the boards sawed from a log ... and makes possible furniture styles with rounded corners. The Forest Products Lab people are testing plywood to find out how it acts when the number of veneer layers is changed, which types of glue are better, and what's the best technique for pressing the veneers together.

Fire-Resistant Wood

The Laboratory also is testing paints and other coatings for wood, is experimenting with chemical treatments of wood to make it fire-resistant

... is even trying to develop what they term "wetter water" for fighting forest fires! This is accomplished by the use of various chemicals that reduce the surface tension of the water so that it soaks in much faster and more thoroughly than plain water.

The Forest Products Laboratory also is working on the improvement of prefabricated houses ... preserving them against rot and termites, and testing the best kinds of paint and glue to use.

This doesn't cover all the work being done at the lab in Madison, but it gives you some idea of the benefits this research will bring to the householder.

* * * * *

WEED WARNING

Here's another in the series of tips from USDA's garden specialists which you may like to have for your file of garden information.

Tell home gardeners not to use the new weed killer 2,4-D, in the vegetable garden. It is fine for killing weeds in lawns ... plantain, dandelions, and such ... but it's also death on tomatoes, beans, peas, and other vegetables usually grown in the home garden. This weed killer is much more powerful and long-lasting than is generally realized. Whenever 2,4-D is being used on lawns, care should be taken not to let any of the spray drift onto the vegetable plants. And it isn't safe to use the same spraying equipment for 2,4-D and other spray that's being used on vegetable crops, unless a thorough cleaning job is done first. Even a small residue of 2,4-D left in the sprayer can injure the vegetables. To clean the sprayer, use about 2 teaspoons of household ammonia to a gallon of warm water.

As a matter of fact, the plant specialists of USDA advise home gardeners to stick to the hoe for killing weeds in vegetable gardens ... it takes more elbow grease, but the results are better.

* * * * *

CHILD HEALTH DAY MAY 1

Here's a reminder about Child Health Day which is May 1. The 1947 Presidential proclamation asks all agencies and organizations interested in child welfare to embark on a year-round program for the protection and development of the health of the nation's children. President Truman makes a special appeal to parents to do their best to protect children from needless injury and suffering. He points out that the prevention of accidents in the home is of special importance.

The nationwide campaign during the week of April 27 is sponsored by the Children's Bureau of the Federal Security Agency, in cooperation with the National Conference on Home Safety and the Red Cross.

Here are some suggestions for working the child health campaign into your broadcasts. You might warn against kitchen accidents in which children often are injured. Burns are particularly frequent, of course ... the child reaches for hot things on the stove, or is burned when hot liquids are spilled. Then there are the surface burns, from stoves, irons, electric heaters, and the burns resulting from a child's playing with matches.

Poisoning is another household danger, and you might warn your listeners against leaving insecticides, lye, and other common poisons where children can get them. Include medicines in this warning too ... especially the candy-coated or brightly colored ones, which attract youngsters.

You might caution homemakers about the injuries children can suffer from electric fans. Too, children can receive severe shocks from sticking hair-pins, knives, or other conductors into electric outlets and fixtures.

Women broadcasters can do something really worthwhile by stressing the fact that a child's home is often far from the safest place in the world. And the tragedy is, as the President says, in the fact that much of the injury and suffering which occurs there is needless.

* * * * *

ADDITIONS TO THE PLENTIFUL LIST

Four more foods have been added to the U. S. Department of Agriculture's plentiful food list for May ... canned peas, tomato juice, sauerkraut and cottage cheese.

The acreage and production of peas for canning and freezing reached an all-time high in 1946. The canned pack was almost a million and a half cases more than the 1945 pack. While this refers to canned peas of all grades, Grade C or Standard peas are particularly plentiful. These Standard peas are approximately the same in nutritive value as those of the higher grades and are usually more economical in price.

More tomatoes were canned as juice in 1946 than were packed in any other way ... nearly 29 million cases. Stocks held by packers, distributors, and in warehouses of retail food chains on February 1 were over 1 1/4 million cases larger than the average for the years 1943-45.

We told you two weeks ago of the record sauerkraut pack. Production of cabbage for kraut in 1946 totaled 264,000 tons ... more than 31,000 tons in excess of the previous record in 1945.

The seasonal increase in milk production means more cottage cheese and a reasonable price in comparison with other protein foods.

F O O D R O U N D U P

Oranges and grapefruit are still holding top spot.....

as the easiest-to-find fruit. Apple supplies are normal for this time of the year probably. Good many apples are western winesaps.

Celery should be fairly easy to find.....

on most markets. Florida spring harvest is in full swing.

Cucumber supplies are getting better.....

and squash supplies are good. Both vegetables are moving out of Florida. Wholesale prices on squash are down from what they were several weeks ago, though they still may not be exactly cheap.

Few more tomatoes.....

are coming in from Florida. Even so they are scarce and high. Recent heavy rains in Florida have further dimmed prospects of spring tomato crop. Shipments will continue light rest of April with increase maybe the first of May.

Lettuce should be.....

in moderate supply. California crop will reach peak harvest first of May. And don't overlook Georgia and Carolina crops. Acreage is smaller than in some of other states but closer home. Harvest already started in Georgia. Carolinas won't be far behind.

Supply of green peas is increasing.....

though still not too heavy. California and Georgia are sending enough to market to meet most demands.

Stocks of old Irish potatoes are declining....

New potatoes are available but not necessarily plentiful.

Snap beans should be in better supply soon.....

with increasing shipments coming from south and central Florida. Georgia crop should move in about two weeks. It's about ten days to two weeks behind this year.

This report.....

is based on general supplies and movements. Check it against your local markets.

1.942
#3R11A

cop. 3

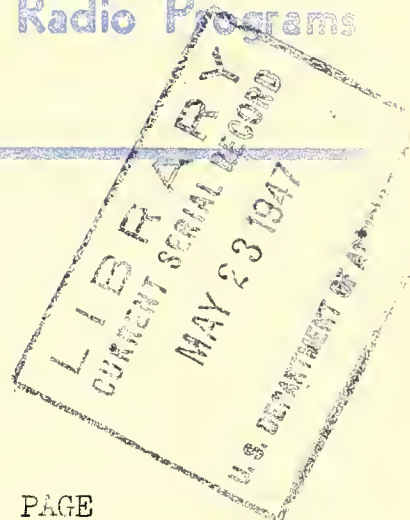
Southern Edition



Radio Round-up

A weekly service for Directors of
Women's Radio Programs

May 2, 1947



IN THESE PAGES

TOPIC	PAGE
PRO'S AND CON'S OF NEW EQUIPMENT2
COTTAGE CHEESE CHAT.3
LAST CALL ON NHD WEEK4
BANANA NOTES4
FAT SUPPLY STILL SHORT6
RAISIN REVIEW6
FRESH CITRUS7
GARDENING TIP7
FOOD ROUNDUP8

U. S. Department of Agriculture
Radio Service

Address inquiries to:

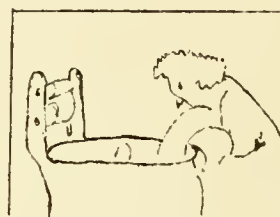
Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

PRO'S AND CON'S OF NEW EQUIPMENT

Some of the new appliances coming onto the market these days have been checked and tested by household equipment specialists of the U. S. Department of Agriculture. We believe that the homemakers in your audience will be interested to hear some of their comments on various features.

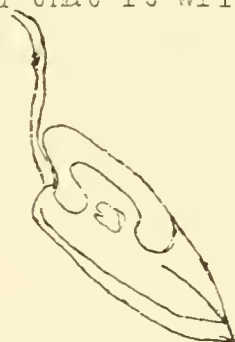
Washing Machines:

Here's a note to add to the shopping tips on the new washer given in the April 18 issue of RADIO ROUNDUP. The spinner washing machine is regarded as safer than the wringer. Actually, it isn't the wringer that's unsafe ... the trouble is that people don't always use it properly. The spinner has other advantages too.



There's less danger of buckles, hooks, and zippers being damaged, or of buttons being torn off. It leaves the clothes less wrinkled, and is better for such things as blankets and pillows. Of course, if an automatic washer is selected, the question of spinner versus wringer won't come up, because at present all automatics have spinners.

There's one talking point for the wringer ... the heavy, water-laden clothes don't have to be lifted from the washing tub. One end or corner of the clothes can be started through the wringer, and it will do the lifting. The buyer of a wringer type machine should be sure the emergency release is within easy reach from any position at the machine, and that it will work easily.



Steam and Cordless Irons

The experts have been trying some of the new electric irons too, specifically the cordless iron and the steam iron. The cordless iron, operates on the same principle as the old flat iron, but there's where the resemblance stops. It gets its heat from an electric stand, and it heats very fast. In case you are wondering whether the cordless iron will satisfy people who are fast ironers, the experts think it probably will. The iron heats so quickly that it would take a speed demon to keep ahead of it!

As for the steam iron ... this has been found excellent for ironing light goods and for pressing ... particularly useful to the women who sew a lot. The shopper should look for a temperature control with this iron, and also find out whether it contains aluminum wool. This will prevent vapor bubbles so that the water won't be blown out through the steam vent. Furthermore, aluminum wool will absorb any salt deposits from hard water, and keep them from coating the bottom inner surface of the iron and cutting down on the steam.

Home Freezers

The specialists urge that every family considering a home freezer analyze carefully what they want to do with it before making a choice. Some are made for freezing and storing, some for freezing only. Many families who have bought home freezers complain that they didn't choose a large enough size ... they just didn't realize the possibilities for freezing pre-cooked food, left-overs, for storing ice cream, and so forth.

In comparing the chest-type or the upright model, the household equipment people found that it's harder to utilize all the space in the vertical type because of fitting the packages in tightly up to the shelves. Also packages of food tend to slip out of the vertical freezer. One advantage is that this type takes up less floor space than the chest model ... but remember that enough room has to be left to swing the door open.

* * * * *

COTTAGE CHEESE CHAT

A welcome addition to the May plentiful food list is flaky, white cottage cheese, delicate in flavor, combining beautifully with other foods, and so high in protein value that it can be used as the main dish of a meal if the serving is a generous one.

Here are a few salad and sandwich suggestions from the food specialists of USDA featuring cottage cheese.

Salads:

Either cottage or cream cheese combines well with fruits, such as peaches, pears, and cherries. Fill the hollows of canned peaches or pears with cheese, either plain or mixed with nuts or dried fruits, and serve on lettuce with salad dressing.

Make a mound of cheese on lettuce, and put slices of peaches or pears around it. Or place a slice of canned pineapple on lettuce and put a big spoonful or a ball of cottage cheese in the center. Large canned cherries with the pits removed may be combined with the cheese.

Cottage cheese looks and tastes good combined with tomatoes ... is specially delicious when it's seasoned, mixed with chopped onion or chives, and used for stuffing. Another way to combine the two is to arrange crisp lettuce on individual salad plates, make a mound of seasoned cottage cheese in the center, and place tomato in slices or quarters around the edge. Serve with salad dressing.

Cottage Cheese Simplicity Salad is really simple to make, and is especially suitable for springtime luncheons and dinners. Here are the ingredients: 2 cups cottage cheese, 3 teaspoons chopped celery, 1 teaspoon chopped green pepper, 2 teaspoons chopped pimiento, $\frac{1}{2}$ teaspoon chopped onion, 1 tablespoon mayonnaise. Rub the mixing bowl with a cut clove of garlic; place cottage cheese in bowl, add finely chopped onion, and other vegetables chopped medium fine. Mix in mayonnaise, and serve salad on lettuce garnished with pickle. This quantity serves four.

Sandwich Fillings

Wash prunes, dates, raisins, dried figs, or, apricots. Chop fine, mix with about twice as much cottage cheese, add salt to season. Chopped nuts, can be added if desired.

Mix cottage cheese with chow-chow, chili sauce, or chopped dill pickle, green or ripe olives, celery, green pepper, parsley, watercress, onions, or other salad vegetable, or with chopped nuts. Add salt to season.

Mix a few caraway or celery seeds with cottage cheese to give variety in flavor; add salt to season and enough cream to make the mixture easy to spread.

Cottage cheese mixed with peanut butter makes another delicious sandwich filling. It's good too, with bits of cooked bacon or ham mixed in.

* * * * *

LAST CALL ON NHD WEEK

Don't forget ... May 4 to 11 is the second annual National Home Demonstration Week. We've given you considerable information about observances planned in various parts of the country, and hope that a number of you have arranged special program features for this week. If you need any further help or information, contact your state or county home demonstration workers, or your state extension editor.

* * * * *

BANANA NOTES

In North America, a banana is a banana is a banana, to paraphrase Gertrude Stein. The best known one is the Gros Michel, the large yellow tropical fruit we slice on the morning breakfast cereal, or make into salads and desserts ... or sometimes just eat out of hand between meals. That, of course, presupposes we can get bananas ... the wartime shortage still exists in many areas, as you know.

In Latin America, however, the banana is a staple food which is served in dozens of different ways. Of course, many more varieties are used there ... from 5 to 15 different types of banana, both ripe and green, appear in the picture. Bananas and plantains (which are near relatives) are baked, boiled, or fried, and served as a vegetable ... sometimes as a substitute for potatoes or other starchy foods. Boiled, they often appear with beans, rice, and tortillas. Sometimes they're peeled, sliced, fried in lard and salted ... this way they look like French fried potatoes, but, of course, retain the banana flavor. Then there are the so-called "banana figs" ... ripe bananas sliced and dried in the sun like raisins or figs. Green bananas and plantains also are powdered, and the powder used in making gruel, soups, and puddings. Most of us are familiar with the dehydrated banana flakes which have been marketed in the United States in recent years. Bananas appear in liquid form sometimes too ... such alcoholic beverages as whiskey and wine have been made from this fruit.



Another use of bananas is as livestock feed ... fruit rejected because of bruises or sub-standard quality is often used this way, particularly on large plantations in Central America. It's said that mules have learned to like bananas so well that nose baskets have to be used to keep them from mutilating the bunches when they're carrying bananas to railroad sidings for shipment.

Banana Imports Increasing



Maybe you'd like to know a little about some of the varieties widely used in the tropical Americas. There's the Claret, that handsome red banana which used to appear in North American markets occasionally, especially around the holiday season. The Lady Finger, sometimes called the Rose or Date banana is one of the most delicious. It's a small, sweet fruit, from three to four inches long, with a thin skin. It bruises so easily that careful packing and handling are imperative.

Then there's the Apple, with a flavor and odor somewhat like that of a mellow apple, and a rather granular texture. This also is a delicate fruit, difficult to ship without damage. Air transportation may in time bring some of these exotic and perishable varieties of banana to the United States, but the chances of finding them at the corner grocery are slight. We won't care so much, however, when we begin to see the old familiar Gros Michel in larger quantities.

Incidentally, it's good news that banana imports are increasing ... in 1946 we imported 51 million bunches, which is within 10% of the 57 million prewar average. In case you're wondering why bananas continued

so hard to get last year, remember that our purchasing power has increased greatly since prewar days. It's estimated by USDA's marketing experts that we'd use at least one-third more than that 57 million average, if we could only get them.

* * * * *

FAT SUPPLY STILL SHORT

You're seeing more cooking and table fats and oils on the grocery shelves these days ... and at prices less than they were a month ago. The marketing experts of USDA state that there is no fundamental change in the supply picture, however, and there won't be much improvement in stocks until the new crops of cottonseed, peanuts, and soybeans are marketed the latter part of the year.

The homemaker who is operating on a tight budget will certainly be wise to continue saving and re-using fat salvaged from meat as shortening and seasoning in her cooking. You can help by occasionally featuring some of the fat salvage suggestions you doubtless have tucked away in your memory or your files. Remember, any surplus fat can be turned in to the meat dealer, to help out in the continuing shortage of industrial fats and oils. Incidentally, dealers almost everywhere are paying substantially more for fat than during wartime.

* * * * *

RAISIN REVIEW

Another of those "weeks" is on the way, according to reports from the dried fruit industry, the week from May 11 to 17 will be known as National Raisin Week. During that period you may like to call special attention to the use of raisins, so here are a few facts that might be helpful.

In the first place, USDA's marketing specialists report there are many more raisins on hand this spring than for the past two years. Supplies are far bigger than at this time in any year since the war started. They report too that wholesale prices are down 25% to 30% from the beginning of the season in October 1946. Most of the raisins offered are the Thompson Seedless, the luscious, dark, natural, sun-dried raisins. The quality is good too.

Good Source of Iron

And here's a brief refresher course on the nutrition angle ... raisins are a good source of iron, contain fair amounts of other minerals and the B vitamins, and are high in natural fruit sugars.

Different types of raisins can be used almost interchangeably, but the seedless variety is generally preferred for salads and fruit cups. Here's a hint about plumping seedless raisins which may have stood on the pantry shelf until they're a bit hard and dry. Rinse them in boiling water, drain, spread in a shallow pan, and place them in a moderately hot oven until they're puffed ... 10 to 15 minutes is enough. Raisins can also be plumped by steaming them in a colander or strainer in a covered saucepan. This added moisture cuts down their "keepability," however, so it's best to plump them only as they are to be used.

Speaking of salads ... you might like to suggest that delicious combination of shredded cabbage, diced apple, and raisins, served with salad dressing or lemon juice on a bed of greens.

* * * * *

FRESH CITRUS

The Naval orange season in California and Arizona is ending. So, practically all the oranges you'll see at markets soon will be Valencias, but there will be plenty in the months ahead. The immediate supply will be coming both from the Florida and the California-Arizona area. Florida orange shipments will end in June, and the western producing areas will take care of the nation's fresh orange needs until early varieties move from Florida again in the fall.

There'll also be generous offerings of fresh grapefruit until well into June. The total U. S. crop (from Florida, Texas, California, and Arizona) is slightly under that of a year ago, due to the freezing weather in Florida in February. But there is more of the crop to be moved to market from all areas than at this date last year.

You can be assured of plenty of lemonade this summer too. The 1946-47 lemon crop is slightly larger than that of a year ago and the movement of this fruit to market has been a bit slow so far this year. This means more lemons in storage and on the trees for summer selling.

* * * * *

GARDENING TIP

USDA garden specialists point out it's possible for the home gardener to build up poor garden soil by using manure, compost, fertilizer and in many cases lime. Manure and compost make the soil easier for plants to grow in, and easier for the gardener to work. Plant food, chemical fertilizers, do this too, they add.

FOOD ROW DUP

Celery from Florida.....

spring crop is moving to markets in good quantities ... good enough to insure plentiful supplies on most markets. Goldenheart variety, especially, should be in good supply but sizes are small.

Tomato Supplies.....

are increasing gradually but total harvest in Florida will be way below normal for the season. Some supplies are coming from Texas also.

Small Amount of Green Corn.....

edged into the picture this past week when three or four carloads were shipped out of Texas. That's not much corn. Expect it will be scarce and high, if you can find it at all. Probably be more of it through Southern states when Florida starts harvest ... perhaps in about a week to ten days.

If Increase Is Any Indication.....

green bean supplies will be excellent for next month or month and a half. Florida growers replanted big acreage in beans following freezes in February and March. And first load of Georgia snap beans of the season was sold in Atlanta on May 2.

New Potatoes.....

are meeting good demand. Old crop stocks are smaller. Enough potatoes to meet demand though.

Orange and Grapefruit Supplies.....

should be ample to meet all demands.

General Supplies and Comments.....

are background for this report. Might be a good idea to check report against local markets before airing.

1.942
F3R11A

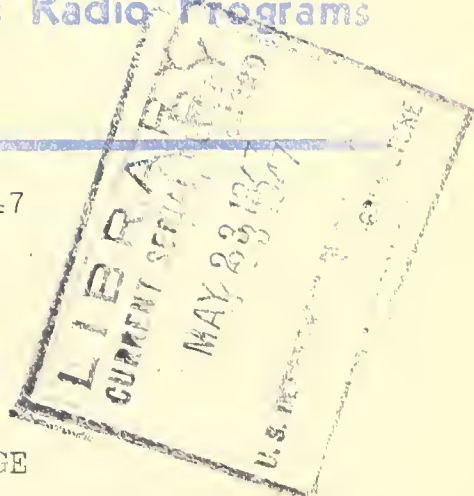
Southern Edition



Radio Round-up

A weekly service for Directors of
Women's Radio Programs

May 9, 1947



IN THESE PAGES

TOPIC	PAGE
COTTAGE CHEESE DESSERTS	2
STRAWBERRY SUPPLY STORY	3
TOMATO JUICE TIPS	4
HEM-LINE HINTS	4
GARDENS NEED BOTH DUST AND SPRAY	5
THE MOTH MENACE	6
BREAKFAST BUILD-UP	7
FOOD ROUNDUP	8

U. S. Department of Agriculture
Radio Service

Address inquiries to

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

COTTAGE CHEESE DESSERTS

We promised you a dessert recipe featuring cottage cheese, one of the foods added to the plentiful food list for May. Well, here's one that combines two of the foods on this list ... cottage cheese and prunes. It's called Cottage Cheese Prune Whip, is simple to prepare, and should be fine for topping off warm-weather luncheons and dinners.

Cottage Cheese Prune Whip

1 cup pitted cooked prunes	2 egg whites
1 tablespoon lemon juice	$\frac{1}{4}$ cup sugar
1 cup cottage cheese	Few grains salt

Combine prunes, lemon juice, unbeaten egg whites, sugar, and salt, and beat with a rotary egg beater until mixture will stand in peaks. Fold in the cottage cheese, heap in dessert dishes. Do not let stand long before serving. This will serve six.

And here's a molded cottage cheese salad that's glamorous enough for the dessert course. After a hearty meal, this might be more welcome to many people than a heavy dessert. It brings strawberries into the picture, and you might check local supplies before you feature it. However, it will make a pint box go far enough to serve six people. When the individual red and white molds are presented on a bed of green lettuce, it's really something to see as well as something delicious to eat.

Molded Cottage Cheese Salad

1 $\frac{1}{2}$ teaspoons gelatin	2 cups cottage cheese
2 $\frac{1}{2}$ tablespoons cold water	1 pint strawberries
lettuce or other greens.	



Sprinkle the gelatin over the cold water and dissolve over hot water. Add to the cottage cheese and mix well. Add a few grains of salt if desired. Slice one cup of the berries, fold into the cheese, and place in 6 individual molds which have been rinsed with cold water. Chill, and when firm unmold on lettuce. Garnish with remaining strawberries, sliced or quartered, and sweetened if desired. Top with mayonnaise.

* * * * *

Before the eating value of carrots was discovered, women wore them as ornaments on their clothes or in their hair. They used both the roots and the tops.

STRAWBERRY SUPPLY STORY

The time has come for the annual argument over strawberry shortcake ... and whether you belong to the spongecake school, or are ready to do battle for biscuits, you'll be glad to hear the good news that strawberry shipments are now on the increase. The cold weather and rain have been holding things up, but now the marketing specialists of USDA report supplies are moving from Louisiana, Arkansas, Alabama, and California.

The strawberry ... described scientifically as a juicy, edible, usually red fruit of any species of *Fragaria* ... has given its name to several other fruits. There's the strawberry tomato, or ground cherry ... the strawberry guava, the strawberry pear, and believe it or not ... the strawberry raspberry! The last-named is cultivated mostly for decorative purposes ... it's described as having handsome foliage, large white flowers and showy red but insipid fruit. The strawberry pear is the red, slightly acid fruit of a West Indian cactus. The strawberry guava is a subtropical shrub or small tree with a dark-crimson fruit, said to be highly esteemed for use either fresh or preserved. We feel sure, however, that not even the strawberry guava can begin to approach the cool deliciousness ... the subtle flavor ... the juicy lusciousness of the red, ripe strawberry we know so well.

Prices High

As for prices ... well, they're likely to remain fairly high until local berries begin to come on the market. So, your listeners might be interested in strawberry stretching suggestions. For instance, a spoonful of sliced or crushed berries will turn a dish of vanilla ice cream into something extra special. Also, they'll add flavor and color to a fruit cup or salad. And if the family insists on strawberry pie, you can give them the creamy custard variety that makes a few strawberries look like a lot.

For a tip or two on kitchen care, remember strawberries spoil quickly. If they must be kept overnight, look them over and pick out any that show signs of softening or mold. Then put the berries in a colander or other ventilated container and keep them in a cool place. Don't wash strawberries until just before they're to be used, and remove the green caps only after the berries have been washed.

* * * * *

The word "carrot" is based on the ancient Greek name for the wild herb. "Daucus" was a related plant whose fragrant seeds were used in medicine by the Greeks and Romans of long ago.

TOMATO JUICE TIPS

With canned tomato juice on the list of plentiful foods for May, it's a good time to review some of the suggestions made in ROUNDUP more than a year ago regarding the use of tomato juice in place of canned tomatoes. If you still have in your files the issue of February 8, 1946, you may like to refer to the story "Tomato Juice vs Tomatoes." But, if you don't have this information handy, here's a brief resume.

Juice Can Replace Tomatoes

Food specialists of USDA tell us that tomato juice can replace tomatoes successfully in a soup, sauce, or baked dish, provided large pieces of tomato aren't important to the looks and flavor of the food when served. As a general rule, juice can be used, measure for measure, in recipes where tomatoes are called for. Be careful about further seasoning when making this substitution, however, as commercially canned juice often contains spices as well as salt. Therefore, it may be necessary to add seasoning with a light hand.

Now that salad days are here again, a cool and delicious tomato jelly salad, made with tomato juice, might prove very popular. Here's how it's made:

Soften 1 tablespoon plain gelatin in $\frac{1}{2}$ cup cold water. Simmer 2 cups of tomato juice for about 10 minutes with 1 tablespoon minced onion and half of a small bay leaf. Add to gelatin and stir until gelatin is dissolved. Season to taste with a bit of sugar, salt, pepper, and lemon juice. Pour into a mold or pan rinsed in cold water and chill until firm.

If you want a salad with more substance, add $\frac{1}{2}$ cup each of finely chopped cucumbers and celery when the gelatin mixture begins to stiffen. Serve the salad with dressing on lettuce or other salad greens. This recipe is enough for six.

* * * * *

HEM-LINE HINTS

Many women are up against the problem of letting down skirt hems ... now that we're wearing them a bit longer again. You may like to pass along to your listeners a couple of suggestions from the clothing specialists of USDA which will help in solving that problem.

If it's a wool skirt that's being let down, and the fabric is shiny on the underside of the hem, rip the hem and steam-press it on the wrong side of the fabric ... that is, if the wool is light-weight or has a raised pattern in the weave. If it's thick wool, steam-pressing on the


right side may be more effective. To steam-press, cover the fabric with a dry wool pressing cloth, then with a cotton cloth dampened in warm water. Using a warm iron, set it down, then lift it ... don't slide it back and forth. If the shine still shows after all this, here's another trick. Take a clean brush or a rubber sponge, the kind used for suede shoes, and try raising the nap of the wool with it.

Steam-pressing may also work with acetate rayon which is shiny on the underside of the hem. If the shine can't be removed, however, the lengthening may have to be accomplished in some other way.

And here's a method that will often help overcome a conspicuous hem crease. Wet the crease line on the wrong side, then turn the goods over on the right side and roll the crease back and forth in the fingers to work it out. Press on the wrong side afterwards.

* * * * *

GARDENS NEED BOTH DUST AND SPRAY



Here's some information from the garden specialists of USDA, for your garden files. If you are asked any questions about the relative merits of dust and spray fungicides, here's the answer: It usually depends on the fungus to be controlled. Spraying is an effective check in some cases, dusting in others ... sometimes either dust or spray may be used. Dust has the advantage of being easy to prepare and apply, but spray is often preferable because it sticks to the plants better than dust and can be applied even when light winds are blowing.

Little Fungicide Goes A Long Way

Remember too ... in a small garden a little fungicide will go a long way. From 2 to 3 ounces of the dust mixture, or from 1 to 2 quarts of liquid will provide treatment for 50 feet of plants of medium size, such as beans. Full-grown tomato plants will require more.

Here are a few specific recommendations. For treating anthracnose in beans, tomatoes, cantaloupes, and peppers, the specialists recommend sprays of commercial compounds, such as Zerlate, Fernate, or Dithane. Dusting with ordinary sulfur may be used to check rust and powdery mildew of beans. Don't use sulfur dust on cucumbers or melons, however, as it damages these crops. Copper fungicides, either Bordeaux mixture or one of the "fixed" copper compounds, are used either as dust or spray to control blight in tomatoes and potatoes.

THE NOTE DETAIL

This is the season when most homemakers are coming face to face with the clothes moth problem. Here's information about moths and their control, direct from the entomologists of the U. S. Department of Agriculture. It answers some of the questions almost everybody asks about moths' ... destroys a few pet theories, but gives some good tips too.

Dry Cleaning

Dry cleaning kills all forms of moths present at the time of treatment, but doesn't insure moth resistance.

Washing

Washing in a strong solution of neutral soap kills all moths, but doesn't protect against reinfestation.

Paper and Paper Bags

If clothing goes dry-cleaned or washed is wrapped in paper clothes, with the edges well folded back or sealed carefully, it will remain free from moths indefinitely, if the paper isn't broken. Soiling in unbroken packages or bags won't hurt it. Sealing the bags results. It's a good idea to use some insecticide to destroy the moths which may have gotten in the clothes before wrapping.

As for those paper garment bags ... the same is true. The clothing must be clean, free from moths, the bag unbroken, tightly closed and sealed, to insure no moth protection. The smell of cedar or pine oil in the bag won't keep moths out ... neither does the garment's ink or name, per from any chemical stain.

Cardboard Chests

These are of doubtful value ... may be worthless. If they're very tight, they give about the same protection as paper garment bags.

Cedar-lined Chests and Cedar Chests

The cedar-lined chest is ordinarily considered to be the best type chest to be depended upon for protection from moths.

There is a cedar chest which gives protection from moth attack, provided it's tight and in good condition, and provided the clothing is freed from the larger moth larvae before it's placed in the chest. This is chest of red cedar wood of 4/8 inch thickness to the extent of 75 per cent of the chest proper. Chests of several woods lined with a thin cedar

veneer are not dependable. However, cedar chests may be veneered on the outside with such hardwoods as walnut or mahogany without affecting their value as moth protectors.

Sunning and Brushing

Woolen garments kept in closets all summer should be frequently sunned and brushed. The soft eggs are easily crushed or dislodged by thorough brushing. Pay particular attention to all seams, pockets, etc. Moths cannot stand bright sun. Larvae drop to the ground from clothing left hanging in the sun on the line, especially if there are no folds in which they can find protection from the light.

Moth-Resistant Solutions

USDA entomologists consider fabric or clothing treatments very important, though they know of no solution that gives permanent and absolute protection under all circumstances. Tests show that fabrics dipped in solutions of fluorine compounds at the factory are protected for some time, and the effectiveness lasts through several dry cleanings. Certain fluorine solutions for treating clothes at home may be purchased. The experts recommend following the directions on the container, but urge that particular attention be paid to spraying along the folds, seams, pockets, and under lapels. They warn against using any solution containing arsenic on clothing that may come in contact with the skin.

* * * * *

BREAKFAST BUILD-UP

Warmer weather makes some people start cutting down on breakfast ... therefore, it's a good idea for the meal-planner to take a little extra pains to make the first meal of the day as attractive as possible.

Nutrition specialists of USDA say it's sound health planning to eat one-fourth to one-third of the day's food at breakfast. That's the best time to make sure of some vitamin C-rich food, such as strawberries, cantaloupe, citrus fruit, or tomato juice. Cereals, bread and fats are mainstays for energy. Cereals also provide protein, and whole-grain and enriched varieties have added values in B vitamins and minerals. Milk is fine for breakfast, because of its calcium and other nutrients. Eggs, lean meats, and fish can provide additional protein for body building and repair.

From a budget point of view, too breakfast is an important meal. If a person skips the morning meal, he must get the daily nutrients required for good health at lunch and dinner ... and the foods generally served at these other meals are likely to be more expensive.

FOOD ROUNDUP

Green Corn.....

supplies should begin to appear on markets. Texas and Florida shipments are increasing.

Tomato Imports From Mexico.....

are dropping, with a slow increase in domestic shipments. Peak volume is still four to six weeks away. Prices are high. And wholesale buyers don't seem too ready to pay prices asked.

New Potatoes And Beans.....

will be good items to watch during the week. Bean supply is climbing up and wholesale prices are edging into the down column. New potato supplies are on the increase too.

Season for Sweet Potatoes.....

from storage stocks nearing an end. New crop of sweet potatoes probably won't show up before July.

Cabbage Supplies.....

seem to be normal for this time of year. Quality has improved over some of the earlier cuttings. Demand at shipping points is good enough to keep cuttings at brisk pace.

On Other Hand.....

celery supplies are scarce and wholesale prices are high. Not enough Pascal celery from Florida was offered last week to match demand.

Strawberry Prices.....

wholesale price, that is, are staying pretty high. Small crop this year is keeping offerings light.

On The Whole.....

spring vegetables such as field peas and okra were more prevalent than week ago, but supplies are still light.

This Report.....

is based on general supplies and movements. Check it against your markets.

1.942
3R11A
op 3



Southern Edition

Radio Roundup

A weekly service for Directors of Women's Radio Programs

May 16, 1947

LIBRARY
CURRENT SERIAL ACQUISITION
JUN 23 1947
U.S. DEPARTMENT OF AGRICULTURE

IN THESE PAGES

TOPIC	PAGE
KEEPING SUGAR ON THE MOVE2
JUNE PLENTIFULS3
SUPPLIES FOR HOME CANNING3
SERVING SOME PLENTIFULS4
FARM WORK FOR YOUTH5
NEW FOOD COATING6
ROSE POINTS7
FOOD ROUNDUP8

U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

KEEPING SUGAR ON THE MOVE

Consumers who use Sugar Stamp No 11 at once can help greatly in aiding smooth distribution of sugar and in relieving a tough transportation problem which the estimated billion-bushel winter wheat crop may cause. While the nation's sugar supply for the year remains unchanged from the previously announced 6,800,000 tons, the distribution problem is something else again. In another month or so there won't be enough box cars to do a good job of moving sugar and wheat at the same time.

To enable sugar supplies to move while railroad transportation is available, housewives and industrial users will be permitted to buy sugar in advance of the customary rationing date. A second 10-pound stamp for consumers ... No. 12 ... will be validated June 1 instead of July 1. This stamp must last until October 31. Stamp No. 11 will be good until October 31 also. Industrial users are getting their next quarter's sugar date moved up and inventory restrictions relaxed.

One-Half Sugar Supply From Cuba

Much of the sugar used in this country is brought from Hawaii, Puerto Rico, and Cuba. In fact, Cuba will furnish about half of our supply for 1947. Large quantities of this sugar must be brought into this country during the heavy Cuban production season, from February through May, each year. A great deal is coming into the United States right now. At present, it can be moved to places where it will be needed. Later on the movement of the projected billion-bushel winter wheat crop would interfere with the sugar movement and at a time when sugar demand is heaviest for home and commercial canning, ice cream, and soft drink manufacture.

Apparently many household and industrial users, finding supplies available at present, are postponing buying. This, together with the heavy import movement, is creating a temporary surplus in the hands of distributors. A last minute rush to cash unused sugar ration coupons when transportation facilities are overtaxed with the movement of other commodities could result in the development of local shortages.

Storekeepers have to turn in ration evidence to replace their sugar stocks. If they are delayed in placing their sugar orders because homemakers delay in cashing ration stamps, replacement sugar shipments may be slowed down. The homemaker who cashes her sugar ration coupons now will be sure of sugar for the present household use ... with some "put by" for later canning.

* * * * *

BAE estimates as of May 1 point to the largest spring crop of cantaloups since 1938. There are 3,172,000 crates (standard) in prospect compared with 2,922,000 crates produced last spring and the 1936-45 average of 2,392,000 crates--increases of 9 and 33 percent respectively.

JUNE PLENTIFULS

The plentiful food list for June gives feature billing to canned foods. The following canned items are expected to be in generous supply throughout the greater part of the country:

Carrots, beets, peas, (standard grade) tomato juice, citrus juice and grapefruit segments. Sauerkraut, both in cans and bulk, also is on the June list; so are dried peaches and prunes, (especially the smaller sizes), peanut butter, cottage cheese, potatoes, fresh oranges and grapefruit.

The only new foods added since the May list are canned beets and carrots, and you might like to know the reason. The packs of these two vegetables were increased during the war to more than double the prewar average, largely because of the demand from the armed forces. The 1946-47 packs of these items, especially beets, were reduced. Furthermore the prices, particularly for diced vegetables, have gone down since last fall. However, the movement into retail channels has been less than the canners expected, and as a result, stocks are much larger than a year ago.

While they're not on the plentiful list, frozen vegetables are available in much larger supply than in recent years, especially frozen spinach and peas. There have been considerable price reductions in these foods in many parts of the country. (See RADIO ROUNDUP April 18, "Frozen Food Bargains.")

* * * * *

SUPPLIES FOR HOME CANNING

Homemakers making food preservation plans will be interested in the supply of home canning equipment. It looks now as though there will be enough glass jars, both pint and quart sizes. More natural rubber is being made available to manufacturers of closures, so no shortage of rubber rings or self-sealing jar tops is anticipated.

Pressure canner manufacturers are turning out both 7 and 14 quart canners as fast as they can get raw materials. The bottleneck in supply is the availability of supplies. Since there probably won't be enough pressure canners for all who want them, homemakers should place their orders early. There may be spot shortages of tin cans. Dealers will purchase enough tin containers to cover the sales they expect to make. When these are gone, they probably won't buy more unless there's a demand. Therefore, if the home canner waits until the last moment to buy these supplies, she's likely to suffer some inconvenience if the dealer is then out of stock.

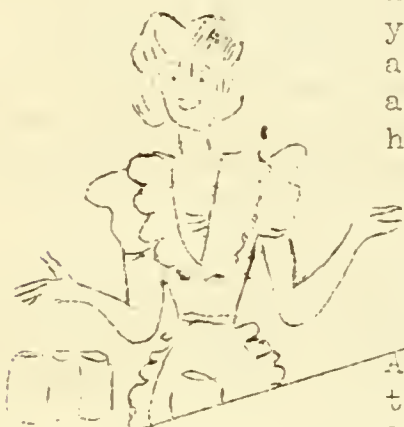
Another bit of advice ... and we've mentioned this before ... those who have pressure canners should have the gauges checked without delay. This should be

be a yearly proceeding, and can be done by the dealer, the manufacturer of the canner, or by the county home demonstration agent.

Check Sealing Machine

Where canning is to be done in tin cans, now is the time to check over the sealing machine to see whether any of the parts need to be replaced.

Community canning centers will be operating on much the same scale as last year ... when there were about 6,000 in operation throughout the country. Reports indicate that many centers have added new processing equipment. Patrons of community canning centers have discovered the ease and economy of canning where good equipment and supervision are available. If you're not familiar with the location of a center near you, contact the state office of USDA's Production and Marketing Administration, or the vocational agricultural or homemaking teacher in your local high school.



* * * * *

SERVING SOME PLENTIFULS

A few suggestions for serving some of the foods on the June list of plentifuls may be helpful to your listeners. The canned vegetables can easily be adapted to recipes which call for cooked vegetables. First, let's consider the new items added for June ...

Canned Beets and Carrots

These can be quickly and easily prepared for serving at luncheon or dinner, or can be combined with other canned or fresh vegetables. They're both colorful and delicious additions to vegetable or the salad plates. And don't overlook the carryover from the May list of plentifuls, which will make a fine threesome ... canned peas. In addition to the simple vegetable salad, there's the attractive jellied affair prepared with plain gelatin. An especially good beet salad can be made from chopped beets and chopped hard-cooked eggs, served on lettuce with a flavorful dressing.

When it comes to carrots, they can be combined attractively with green vegetables, such as peas. Or they can be made into something very special ... a Carrot Scallop. Here how to do it:

Arrange 3 cups of sliced cooked carrots in a baking dish. Pour over them 2 cups of thin white sauce. Sprinkle with a mixture of bread crumbs and grated cheese, if desired. Bake in a moderately hot oven (375 F.) 20 minutes, or until browned.

Served as the vegetable course at mealtime, there are a number of interesting things to do with these canned vegetables. It's easy to prepare beets in the style that makes them eligible to be called Harvard Beets. Here's a simple recipe:

1 tablespoon cornstarch	$\frac{1}{4}$ cup vinegar
or 2 tablespoons flour	$\frac{1}{4}$ cup water
2 or 4 tablespoons sugar	2 tablespoons fat
$\frac{1}{2}$ teaspoon salt	3 cups cooked beets, sliced

Mix cornstarch or flour, sugar and salt. Add vinegar and water and boil 5 minutes, stirring constantly. Add the fat and the beets, and let stand until the sauce becomes red. Reheat if necessary.

Cottage Cheese Sauce

And in case you'd like another cottage cheese idea, here's something a bit out of the ordinary to add to the recipes we've given you recently. It's a delicious sauce to serve with salmon or tuna, to pour over boiled or baked potatoes, or over buttered toast. The ingredients follow:

2 cups milk	8 young onions
2 tablespoons cornstarch	$1\frac{1}{2}$ teaspoons salt
$\frac{1}{2}$ cup cottage cheese	$\frac{1}{8}$ teaspoon each of paprika and curry powder

Heat the milk in the top of a double boiler. Mix cornstarch in a small amount of cold milk and add to that in the double boiler, stirring constantly. Chop the onions fine, including some of the green tops, and add these, together with the cottage cheese, to the sauce. Add seasonings last.

* * * * *

FARM WORK FOR YOUTH

Any day now you may be asked to give some air time to the farm labor program ... specifically to encourage young people of school age to volunteer for summer jobs on farms. While the farm labor shortage isn't as serious as it was during wartime, farmers still need the help those boys and girls can give. There won't be any national campaign, as there was for the Victory Farm Volunteers, but when local needs arise, your station may be asked to make appeals for help. Here are a few facts about the situation which can serve as background material.

American farmers are expected to produce near-record crops in 1947. The demand for food in the United States is greater than before the war, and

there's still a desperate need for American food in other parts of the world. Farmers are still up against industry's competition for labor ... and the higher wages offered by industry. All this explains why they're looking to the young folks again this year to help get the crops in.

Extension Service Will Sponsor Program

You probably know that the farm work program for town and city youths is sponsored by the Extension Service of the U. S. Department of Agriculture. The Agricultural Extension Service of the State Agricultural Colleges is in charge in each state, and the county agricultural agent takes the responsibility for young people working on farms in his county. Naturally the boys and girls work under direct supervision of the farmer.

From the standpoint of the young people themselves, there are many advantages to a farm job, in addition to the money earned. It's hard work, but not too difficult for teen-age boys and girls, and it teaches them many valuable lessons, both in taking directions and assuming responsibility. The outdoor physical activity will be beneficial too ... and it won't all be work, of course. There's likely to be swimming, picnics, possibly the county fair or field day, in addition to the usual social life of the community.

Those who want detailed information can get it from the local school principal or the county agricultural agent.

* * * * *

NEW FOOD COATING

Have you heard about the new coating for sausage and other meat and food products? It's a protective film of good strength, but is so tender it dissolves on food that's boiled ... or can be eaten right along with the meat if it's fried or roasted. This new food covering is made from citrus peel or other fruit and vegetable peelings by a process that is simple and easily controlled.

Scientists of USDA's Western Regional Research Laboratory at Albany, California, developed the new film. They say it's definitely promising as a coating material for a number of foods, has many potential uses, and can easily be made on a commercial scale.

* * * * *

The body cannot store large amounts of vitamin C. You must get your supply day by day. Canned tomatoes and citrus fruits contain practically as much vitamin C as fresh ones. So, some vitamin C may be kept on the shelf in canned foods ready for use.

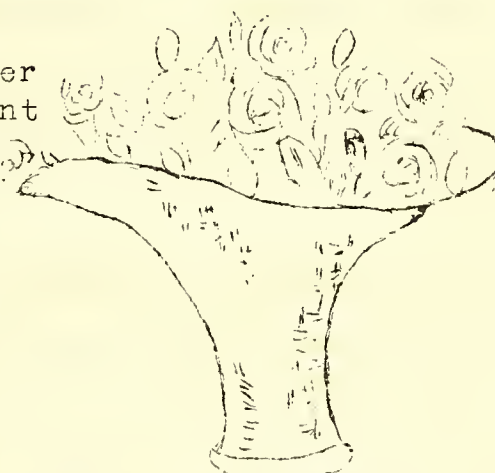
ROSE POINTS

Whether you gather your rosebuds from the garden or pluck them out of a florist's box, here's some interesting information from USDA plant scientists. They offer some tips which will help cut roses to live a longer life, thus prolonging the enjoyment of these beautiful blooms ... tips you'll want to pass along to your listeners.

Let's say you're cutting roses from the garden. Believe it or not, those gathered in the late afternoon ... about 5 o'clock, say ... keep longer than the buds cut in the early morning. The plant scientists explain that this is probably because there are more carbohydrates in the leaves and stems at the end of a sunny day.

Sharp Knife Best For Cutting Roses

Then ... there's a special way of cutting the stems ... with a long slant to the cut. This means that the cut surface, through which the water is absorbed, won't be closed off if the end of the stem presses against the bottom of the vase. And it's better to use a sharp knife rather than shears for cutting roses, since a smooth-cut surface lets the water flow into the stem easily. Another thing ... most of the water is absorbed at the base of the stem; very little goes in through the leaves. For this reason, there's no particular advantage in plunging roses up to their necks in water. As a matter of fact, it's better to remove the leaves on the lower part of the stem, since they decay in the water. This promotes the growth of bacteria, which plug up the tubes and cause the flowers to wilt from lack of water.



That's the first step in conditioning roses ... getting the bloom full of water. The second step is putting the vase in a cool place, such as the refrigerator, for several hours or overnight, immediately after the flowers are cut.

And answering the question most people have as to whether certain chemicals, aspirin and quinine, for instance, help in keeping roses fresh longer ... the scientists say that tests do not show these to be noticeably effective.

* * * * *

USDA entomologists have found that a five percent solution of DDT in deodorized kerosene may be sprayed on closet walls, floors or other surfaces. This will leave a DDT residue which will be effective for some time in killing moths that land on the treated surface. Don't use the solution near fire and wash your hands when you're through spraying.

FOOD ROUNDUP

South Carolina Beets.....

are beginning to move, but production is small. Virginia and North Carolina crop shouldn't be too far behind. Meantime, Texas and Louisiana beets will help keep markets supplied.

Carlot Shipments of Cantaloups.....

are coming from California with heavier volume in prospect by early June. Southern markets will probably get better supplies from Florida crop, which is expected to get under way by last of May or first of June.

Beans Continue a Good Item.....

and should be ample to meet all demands, with good supplies lasting well into summer. Liberal supplies of snaps are coming from Georgia with wholesale prices reasonable.

Strawberries Were More Plentiful.....

on wholesale markets last week, but supply met a good demand.

California Picked A Few Watermelons, Too.....

and about three carloads moved on May 14. Florida is about ready to get into picture, but don't look for many watermelons before June.

New Potatoes and Green Corn Supplies.....

should be adequate to meet demands. New potato supplies are increasing, and Florida, Texas, and California are all sending corn to market.

Florida Cucumbers, Field Peas and Tomatoes.....

are gaining in volume, with prices lower.

Very First Peaches.....

of the season from Georgia orchards are not more than week away.

This report.....

is based on general movements and supplies. Good idea to check it against local markets.

1.942
F3 R11A
CMP 3

Southern Edition



Radio Round-up

A weekly service for Directors of
Women's Radio Programs

May 23, 1947

IN THESE PAGES

TOPIC	PAGE
WORLD FOOD SUPPLY	2
COOK AND FREEZE	3
ASPARAGUS ASSIGNMENT	3
STRAWBERRY FREEZING FACTS	5
FOOD ROUNDUP.	6



U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

WORLD FOOD SUPPLY

Here are highlights from the latest report on the world food supply, prepared by USDA's Office of Foreign Agricultural Relations.

Indications are that there will be little, if any, more food in the world in 1947-48 than during 1946-47, in spite of world-wide efforts to increase production. Grain production is down in several importing countries, and while this may be offset by increased grain crops in the principal exporting regions, there's little chance that the relatively low consumption levels of 1946-47 can be raised. There may be more sugar, potatoes, and fats and oils, but even if this is the case, supplies will continue below prewar.

Western Europe's acreage of winter food grains has been reduced by severe weather, extensive floods and labor shortages. Only a small part of this loss can be made up by spring plantings. However, this area may produce more sugar beets, potatoes, and feed grains ... also more livestock products.

In central and eastern Europe prospects for increased grain production are better. More winter grains were planted, and the winter-kill has been small.

The Soviet Union has a better crop outlook than last year too. Weather conditions were favorable during the winter and spring, but the final outcome will depend on the weather during the last half of this month and in June.

In Japan, food prospects are less favorable than in 1946, and little expansion in acreage is possible. The increased population, plus repatriates, will call for greater food imports during the coming year.

Most areas of China have above-normal crop prospects. However, there's damage to the wheat crop of central China from drought, and rice planting has been retarded. The production of rice in the surplus producing areas is expected to continue low, thereby increasing the bread grain requirements.

OFAR points out that finance will be a major problem in agricultural trade in 1947-48. As you know, lend-lease and UFRP are out of the picture. Therefore, the volume of foreign imports will depend on the amount of U. S. funds appropriated for foreign relief, and on the buying power that can be mustered by importing countries themselves.

* * * * *

Commercial celery production is confined mainly to the northeastern states and Great Lakes area, and to certain districts in Florida, California, and Colorado.

COOK AND FREEZE

We're hearing more and more about freezing pre-cooked food at home and, as more home freezers come into use and homemakers learn how convenient it can be to have a whole meal cooked and ready in the freezer, it's likely to become a common practice. Many of your listeners are sure to be interested ... some of them may already have asked you questions about it. Therefore, we're giving you some tips from USDA food specialists on freezing pre-cooked foods.

Don't Overcook Food

In the first place, start with food of fine quality, and never overcook it; remember, it will require reheating before serving. Handling and preparation must be completely sanitary, because cooked foods spoil quicker than uncooked foods.

Don't season cooked foods too highly before freezing; they keep their fresh flavor longer when they're unseasoned. Salt and onions gradually lose flavor in storage; pepper, on the other hand, becomes more pungent.

Cool foods promptly after cooking, before packing them for freezing ... it's helpful to set the container in cold water. Prompt cooling cuts down the chance for growth of spoilage organisms, and also insures faster freezing.

Keep Packages Small

As for packing, the same moisture-vapor-proof containers used for other frozen foods are right for pre-cooked foods. It's well to put only enough for one-time service in a package. Foods in small packages freeze and thaw faster than in large ones; that helps prevent a warmed-over flavor. Make as solid a pack as possible, leaving only enough space at the top to allow the liquid to expand in freezing. Pieces of cooked meat and poultry stay frozen better if you protect them from the air by covering them with gravy or sauce.

The final warning of the research workers is to have clear, durable labels for frozen food packages. It's a good idea to date the labels too, to assure using the contents while the quality is still tops.

* * * * *

ASPARAGUS ASSIGNMENT

Back in the 17th century most people called it sparrowgrass, and sometimes you hear that name used jokingly even today. It's a corruption of the proper name of the delicious spring vegetable almost everybody likes ... asparagus ... and, since around 1800 the right name has been in general

use. But no matter what you call it, this is the time of year to include it in meal plans. It's likely to be available in most markets, and as the supply increases, the price should be fairly reasonable.

It's too bad to treat this delicately-flavored vegetable the way some cooks do, ... stewing it until it's limp, drab and tasteless, not to mention lacking in vitamin C. USDA home economists say there's a trick or two to cooking asparagus. Here are their suggestions for preparing and cooking asparagus so that flavor, color, and nutritive value are preserved ... and so that the tips aren't over-cooked.



To Prepare

Trim off the tough ends; remove scales along the stalk that hold grit; wash stalks thoroughly.

To Cook Whole Stalks

Tie stalks together loosely and stand them upright in a saucepan or kettle. Use enough boiling, salted water to come about one-third of the way up to the stalks, cover and cook 10 to 25 minutes, or until just tender. In this way, the tips cook in the steam. If you have a regular asparagus cooker, everything is easy. If not, though, it's simple to invert another pan over the top of the pan you cook the asparagus in, to make a tall cover.

Cooking Cut-Up Asparagus

Cut asparagus into 2-inch lengths, drop the lower-stalk pieces into a small quantity of boiling, salted water, cover, and cook 5 to 10 minutes. Then add the tips and continue cooking until tender. Fresh, young asparagus may not require more than 10 minutes' cooking; less tender stalks may take from 20 to 25 minutes.

One pound of asparagus makes about $2\frac{1}{2}$ cups when cut up. Cooking it that way makes a little go a long way, of course, and is a good suggestion to make when the price is high.

Suggestions for Serving

Asparagus served with melted fat or strips of crisp bacon is hard to beat. For variety, serve it with creamed sauce, cheese sauce or hollandaise poured over toast or biscuits, or in patty shells. Asparagus teams up well with peas, diced creamed potatoes, or with spaghetti. It makes a mighty good salad too, chilled and served on lettuce with dressing, or combined with other cooked vegetables or with chopped hard-cooked egg.

Asparagus soup is a good choice for luncheon, or as the first course of a simple dinner. It takes from $\frac{1}{2}$ to 1 pound of asparagus; 1 teaspoon

salt; 2 tablespoons table fat; 2 tablespoons flour; 4 cups of liquid ... asparagus cooking liquid plus milk.

Follow directions given for cooking cut-up asparagus. Measure liquid left over and add enough milk to equal 4 cups. Melt table fat, blend in flour, add the liquid and cook over low heat, stirring constantly until slightly thickened. Press the cooked asparagus through a colander or coarse sieve, and add to the sauce. Reheat and serve.

Asparagus Omelet

This is a delicious luncheon dish, and easy to prepare. Add cooked asparagus to the egg mixture before cooking, or spread the asparagus on top of the omelet after it has set but before it's rolled onto a hot platter to serve. Have asparagus drained and finely chopped, and use cooking liquid in place of milk or water in mixing the omelet.

* * * * *

STRAWBERRY FREEZING FACTS

If you're receiving inquiries about home freezing of strawberries, here are suggestions from the home-freezing experts of the U. S. Department of Agriculture which may help you in giving the answers.

1 pound (2 cups) of sugar will be required for each 4 quarts of strawberries as picked. The berries should be firm, table-ripe, and of a suitable variety for freezing. Information about the best varieties for freezing in each locality can be obtained from the State College of Agriculture or Extension Service.

Freeze In Cartons, Glass Jars, or Tin Cans

Several types of containers can be used for strawberries to be frozen ... cartons with bag liners, glass jars, and tin cans. Remember that frozen berries can't be removed from a glass jar until at least partly thawed. There are special freezer jars with wide mouths on the market this year.

Here are the simple directions for freezing strawberries: Cap and sort, discarding any that are green, bruised, or overripe. Wash in cold water and drain. Berries may be left whole or sliced, as preferred. Add sugar slowly, (1 cup to about 5 to 8 cups of berries) turning berries over gently until sugar dissolves. Pack tightly in containers with the juice ... press berries gently with a spoon if necessary, until juice is over them. Leave room for fruit to expand in freezing ... about 1 inch in a carton and bag, $1\frac{1}{2}$ inches in jar or tin can. Seal tightly.

* * * * *

FOOD ROUNDUP

Those Very First Georgia Peaches.....

arrived on Atlanta wholesale market May 23. They are almost a rarity now, but first ones are always a promise and reminder that southern peach season is not far away. Judging from past seasons, early peaches will begin to move in volume around June 5, but Elbertas won't move much before early in July.

Watermelons Are Another First.....

of the season, Florida watermelons, that is. Crop is just beginning to move in carload lots. Peak volume in Leesburg section there expected first two weeks of June, with good volume from West Florida by last of June.

Good Supplies of Cabbage.....

should be found on the market. Price is not too bad, and quality is much better than it was a month ago.

Heavy Is The Word For.....

green bean supplies. This is one item that will last all summer.

Celery Is Little High.....

in price and supplies aren't too heavy right now. Michigan celery is still some time away.

Squash Supplies.....

are lighter than normal for this time of year. Doesn't mean you won't be able to find some on markets, though.

Sweet Potato Supplies.....

continue to dwindle. Storage stocks are about all gone. Sweets won't be much of an item on markets until new crop comes in.

Greens Are Moderately Priced.....

and supply is sufficient to meet all demands.

This Report.....

is based on general movements and supplies. Check it against your local markets.

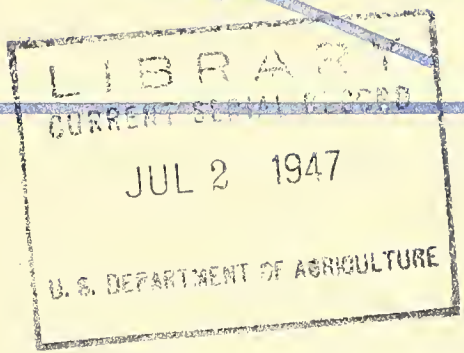
1.942
F3 R11A
Roundup

Southern Edition



Radio Round-up

A weekly service for Directors of
Women's Radio Programs



May 29, 1947

IN THESE PAGES

TOPIC	PAGE
FOOD FOR TWO	2
STRAWBERRY SWEETS	3
A WORD ABOUT WEEDING	4
SUGAR STAMP LINEUP	5
CEREALS CONFERENCE URGED	5
SERVING SPINACH AND SNAPS	6
SWEETENING FRUIT FOR FREEZING	7
FOOD IMPROVEMENT TERMS DEFINED	7
FOOD ROUNDUP	8

U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga

FOOD FOR TWO

June is the month when you'll probably devote a good deal of program time to the June bride. Her wardrobe, the furnishings of her new home, and all that will be up for consideration. The business of meal-planning and food-shopping will suddenly become very important too, especially to the brides who've done very little of this sort of thing at home. The girl who has gone to the grocery store occasionally with a list made out by mother will find it a far different matter to make out that list herself, on the basis of menu plans that provide a delicious and well-balanced diet.

The following weekly food chart may be of interest to the inexperienced housekeeper. It was planned by USDA's Bureau of Human Nutrition and Home Economics, gives the approximate amounts of different classifications of food needed to provide a nourishing diet for two ... and even includes a sample weekly shopping order.



Shopping List For Two

Green and Yellow Vegetables: 7 to 8 pounds in all, which might be divided as follows: 1 head lettuce, 1 lb snap beans, 1 lb. squash, 1 bunch broccoli, 1 lb. kale, 1 pkg. frozen peas, 1 bunch carrots.

Citrus Fruit, Tomatoes: 4 to 6 pounds; 1 doz. oranges, can tomatoes, 1 grapefruit.

Potatoes, Sweet potatoes: 5 pounds; 1 lb. sweet potatoes; 4 lbs potatoes.

Other Vegetables, Fruit: 8 to 9 lbs.; 2 lbs. apples, 1 lb. other fruit, $\frac{1}{2}$ lb. raisins, 1 No. 1 can vegetable soup, 1 head cabbage (small); 1 lb. turnips, 1 lb. onions, 1 bunch celery.

Milk, Cheese: 9 to 10 quarts, (1 oz. cheese or 2 to 3 large dips ice cream equal 1 cup milk); 8 quarts fresh whole milk, $\frac{3}{4}$ lb. cheese; 1 pt. ice cream.

Meats, Poultry, Fish: 5 to 6 pounds: $\frac{1}{2}$ lb. liver, 1 lb. hamburger, 3 lbs. roasting chicken, or shoulder of lamb, 1 lb. fish.

Eggs: 1 dozen

Dry Beans, Peas, Nuts: $\frac{1}{2}$ lb.

Flour, Cereals, Meal: 6 to 7 pounds (count $1\frac{1}{2}$ lb. bread as 1 lb. flour); 2 loaves enriched white bread, 1 loaf whole-wheat bread, 1 loaf rye bread,

$1\frac{1}{2}$ lb. rolled oats or ready-to-eat cereal, $1\frac{1}{2}$ lb. flour, $\frac{1}{2}$ lb. cornmeal or rice.

Fats, Oils: 2 pounds; 1 lb. table fat, $\frac{1}{2}$ lb. shortening; $\frac{1}{2}$ pt. salad dressing or salad oil.

Sugar, Sirup, Preserves: $1\frac{1}{2}$ pounds; $\frac{1}{2}$ to 1 lb. sugar; $\frac{1}{2}$ to 1 pt. molasses, jelly, or preserves.

These quantities are geared to the average couple where the wife is keeping house or doing office work, and the husband's work calls for a moderate amount of muscular effort; for example, a carpenter, salesman, or factory worker. If either the wife or husband is unusually large or active, the suggested quantities of some foods may need to be increased ... for instance, potatoes, dry beans and peas, nuts, flour and cereals, fats and oils.

You might suggest also that some of the supplies named may be bought in larger quantities, to save both time and money. If they're properly stored, they can be used the next week.

* * * * *

STRAWBERRY SWEETS

While luscious strawberries are still with us, your listeners may like to hear about some good recipes for strawberry jam. This is a great favorite in most families, is comparatively easy to make, and more economical than strawberry preserve. As you know, berries can be used for jam even if they're not perfect in shape or uniform in size.

Strawberry Jam

Here's a recipe suggested by USDA's home economists: 2 quarts berries, $1\frac{1}{2}$ pounds sugar, 1 to $1\frac{1}{2}$ tablespoons lemon juice. Wash berries, drain, cap, and pick out the largest. Take about 2 cups of the smaller fruit, crush and add the sugar. Cook rapidly in an enameled saucepan, stirring until sugar is dissolved and a thick sirup formed. Add remainder of fruit and continue cooking rapidly, stirring frequently to prevent scorching. Cook for 20 to 30 minutes, or until fairly thick; then add the lemon juice. Pour into hot sterilized jars, seal, and store in a cool place.

Rhubarb and Strawberry Jam

This recipe is a bit out of the ordinary, and you may like to mention it during the comparatively short time both these fruits are in season.

Wash the strawberries, drain, and remove the caps. Cut young tender rhubarb into inch pieces, taking care not to remove the skin. For each pound of berries use a pound of rhubarb. To each 2 pounds of the combined

fruits, allow $1\frac{1}{2}$ to 2 pounds of sugar.

Cover the rhubarb with a part of the sugar and allow it to stand an hour or two to extract the juice. Crush the strawberries, mix with the remaining sugar, and combine with the rhubarb. Heat slowly until the sugar is dissolved, stirring meanwhile. Continue the stirring while boiling 15 to 20 minutes, or until the jam is somewhat thick. Pour into hot sterilized jars and seal.

Cooking and Canning Tips

When making strawberry jam, USDA food specialists recommend a wide, shallow kettle. If you work fast more of the bright color and delicious flavor of the berries will be preserved. This also helps to retain more of the vitamin C.

* * * * *

A WORD ABOUT WEEDING

You doubtless have many gardeners among your listeners ... some who are experts, others who've planted a garden for the first time this year ... and still others who think of gardening primarily as a fine means of exercise. The experts in all probability, hardly need to be told about the following suggestions from the garden specialists of USDA, but the other two groups might find them profitable.

Don't hoe or cultivate your garden any oftener than is necessary to control the weeds, the specialists say. Deep cultivation is not only hard work for the gardener, but also usually injurious to plant roots. If the soil has been properly prepared before planting, only light surface stirring of the soil throughout the summer is required for most garden crops.

Don't Work Wet Soil

The early preparation involves careful plowing or spading that completely turns and pulverizes the top few inches of soil. Then, when the soil is dry enough after a rain or irrigation, stir it lightly to kill the weeds and leave the surface loose. Don't work the soil while it's wet ... this applies especially to heavy-textured land which is likely to remain full of clods and lumps the rest of the season if it's worked when wet.

A sharp hoe or other tool can be used for scraping the surface of the soil. This will destroy the weeds without going deep enough to injure plant roots. Weeds rob your garden plants of water and plant food, so naturally, it's important to keep them down. However, there's no use in wasting a lot of effort hoeing oftener or deeper than is really necessary.

* * * * *

SUGAR STAMP LINEUP

Spare Stamp No. 12 in War Ration Book 4 was validated on May 26, instead of June 1, by USDA's Sugar Rationing Administration. At the same time, SRA announced that another stamp, good for 10 pounds of sugar, will be validated not later than August 1, 1947. This will assure householders of the full 35 pounds of sugar which were provided under the Sugar Control Extension Act of 1947.

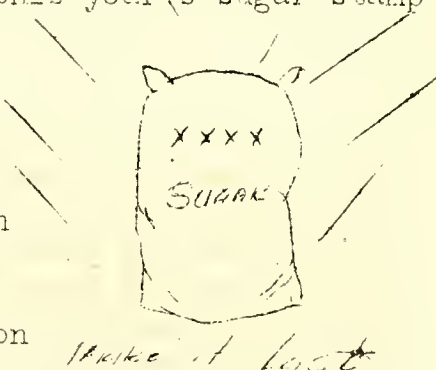
Further good news of the sugar situation came in the statement by the Sugar Rationing Administration that the current improvement in sugar supplies indicates consumers may get even more sugar before the end of 1947.

Here, for your information, is a brief summary of this year's sugar stamp situation as it stands today:

Spare Stamp No. 53, for five pounds, was validated January 1 and expired on March 31.

Spare Stamp No. 11, for ten pounds, was validated on April 1, and will expire on October 31.

Spare Stamp No. 12, for ten pounds, was validated on May 26, and will expire on October 31.



* * * * *

CEREALS CONFERENCE URGED

With the idea of keeping you posted on the world food situation, we're quoting some statements made by Secretary of Agriculture Anderson in a letter this week to Dr. D. A. FitzGerald, secretary-general of the International Emergency Food Council. As you may recall, Mr. Anderson suggested in this letter that the council sponsor a conference on cereals, to be attended by the Ministers of Food and Agriculture and their administrative officials and technical experts. The purpose of this meeting would be two-fold ... to explain the urgent necessity for preserving food supplies in the various countries, and to discuss their management and orderly distribution. The Secretary urged that this conference be held in Europe not later than the middle of July.

Mr. Anderson pointed out that unless the different countries take prompt action to make most effective use of their own crops, there's almost sure to be a repetition next spring and summer of the major difficulties the world is now facing. He goes on to say that while it is true the United States has prospects of another bumper wheat crop, the increase over last year would not offset the decline which now seems certain in food grain production in western Europe. Mr. Anderson gives assurance that the United States will make available every bushel of grain it can spare and

transport, but says that this will not resolve the expected difficulties. The Secretary concludes his letter as follows:

"I, of course, fully appreciate the immensity of the food management job that confronts many of the countries. Nevertheless it is apparent that unless every precaution is taken to insure against dissipation of indigenously produced food supplies from the coming harvest, the world may be confronted a year from now with a food problem more difficult than at present. In view of this, the agenda of the conference I propose should include such additional items as will promote a thorough understanding of the food problem that lies ahead, and lay the basis for the most effective action by the importing countries."

* * * * *

SERVING SPINACH AND SNAPS

Two of the good green vegetables you'll find in most markets right now are snap beans and spinach ... the snap beans in generally good supply, and the spinach really plentiful. They both make fine additions to springtime meals, and are especially valuable because of their vitamin A content. The nutrition specialists remind us that the greener the leaf, pod and stem, the richer vegetables are in this valuable vitamin. It's one that can be stored in the body too, you know, for future benefit. Therefore, it's a very good idea to eat lots of green vegetables when they're plentiful, to add to the body's bank account of vitamin A.

Use While Fresh

Use up the snap beans and the spinach while they're good and fresh ... as they wilt, the vitamins begin to vanish. If they must be held for a day or two, keep them cool, damp, and lightly covered. They should be piled loosely to prevent crushing. Wash them quickly, never soak, and lift from the water to free from sand and grit.

Briskly boiling, lightly salted water is right for cooking green beans ... with leafy vegetables like spinach, use only what water clings to the leaves. Cover the saucepan to speed the cooking, and cook only until tender. Season simply, with salt, pepper, and meat drippings or other fat; serve at once. If any pot liquor is left, use it in soup, gravy or a vegetable cocktail.

Serving Variations

For variety, you might serve either the beans or the spinach with white sauce, or pour the creamed vegetable into a greased baking dish. Top with bread crumbs, and bake until lightly brown. For more food value and flavor, melt cheese in the white sauce, or add sliced hard-cooked eggs.

Sweet-sour green beans are unusual and delicious. They're easily prepared ... just add a little vinegar and sweetened cream or evaporated milk to the cooked beans. And there's a very glamorous spinach dish called spinach loaf. Here's how it's done:

Spinach Loaf

Prepare creamed spinach (or kale), adding a little chopped onion for flavor. Remove the center of a loaf of stale bread, leaving a shell for the creamed vegetable. (The crumbs can be used in puddings or other baked dishes.) Fill with hot vegetable mixture: moisten the sides and top of the loaf, and bake until hot and crisp. Then cut in slices and serve.

* * * * *

SWEETENING FRUIT FOR FREEZING

Last week we talked about freezing strawberries, and here are some suggestions from the Bureau of Human Nutrition and Home Economics about the quantity of sugar required in freezing fruit. Approximately 1 pound of sugar to 3 or 4 pounds of fruit is the proper amount. The purpose of adding dry sugar to fruit for freezing is to draw out enough juice to dissolve the sugar and cover the fruit. Where fruit is less juicy, sugar goes farther when it's prepared in a sirup. This is satisfactory for most fruits. Juicy fruit such as strawberries or sour cherries are best packed with dry sugar.

There are only a few fruits which may be frozen without sugar ... including the tart cranberry and rhubarb. Since they must be sweetened before eating, however, it's well to bear this in mind, and count on sugar from the household supply.

* * * * *

FOOD IMPROVEMENT TERMS DEFINED

Do you know the difference between foods that are enriched, restored, and fortified? Enrichment is the addition of certain food values to bread and flour ... iron and the B vitamins ... niacin, thiamine, and riboflavin. During the war, War Food Order No. 1 required the addition of these elements to all baker's white bread and rolls. Many bakers also voluntarily added calcium and vitamin D. While WFO 1 is no longer in effect, some states have passed laws requiring enrichment of all white flour and white bread sold within their borders.

Restored food has had certain nutrients lost in processing put back into it. Some breakfast cereals, for instance, are restored to whole grain levels by adding thiamine, niacin, and iron. Fortified food has had nutritive values added which were not originally present. For example ... margarine is fortified by the addition of vitamin A; milk, by the addition of vitamin D. Rice and some other cereals also are fortified or restored.

FOOD ROUNDUP

Florida Celery

harvest begins to drop off in June. California will have fairly heavy shipments through most of June with New York crop ready about middle of same month.

Seasonally Heavy Spring Lamb Runs.....

have hit the Nashville and Louisville markets.

Spring Carrot Production.....

estimated at 4,633,000 bushels for this year, is approximately same as last year but nearly a third above the average for 1936-45. Both California and Arizona, heavy producing states, are looking for good yields.

Citrus Continues Rather Plentiful....

at most points. Florida is furnishing major part of supplies, with California crop due for volume shipments in June.

Green Beans....

are still a good candidate for shopping lists. Supplies are good and prices reasonable.

Moderate.....

is the word for tomato supplies. Prices are high at wholesale levels.

Onions Are Plentiful.....

and cheap. Georgia is shipping onions.

Florida Cantaloups.....

are due on markets in from ten days to two weeks.

Such Things as Butter Beans, Field Peas, Pepper

okra, and green peppers are coming down in price.

This Report....

is based on general movements and supplies. Check it against your local markets.

Southern Edition



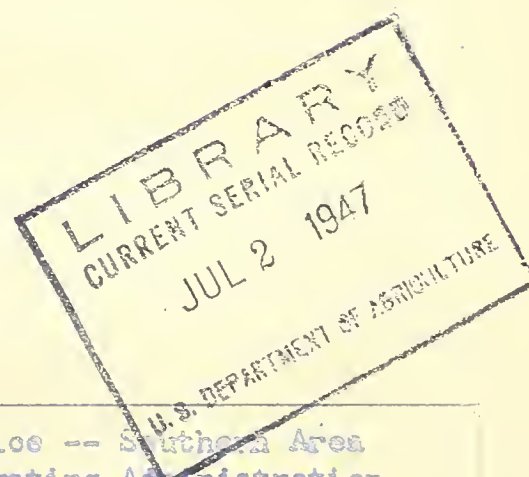
Radio Round-up

A weekly service for Directors of
Women's Radio Programs

June 6, 1947

IN THESE PAGES

TOPIC	PAGE
DAIRY SPECIALS	2
JUNE DAIRY DELIGHTS	2
READY-TO-EAT-MEATS	4
HOME FOOD PRESERVATION WEEK	5
PLENTIFULS FOR JULY	6
CHEERS FOR THE CHERIMOYA!	7
FOOD ROUNDUP	8



U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

DAIRY SPECIALS

June has been designated as Dairy Month. And there's good reason for the industry to call this special attention to their products. Milk production so far this year is a bit above 1946 levels, with May and June being the peak production period of the year. Right now dairy products of all types are more plentiful than they have been for several years.

Butter and cheese prices are comparable with ceilings that prevailed at the end of the price control period. Some products, such as nonfat dry milk solids, are decidedly below former ceiling prices. In fact, skim milk products ... cottage cheese, buttermilk, and flavored milk drinks, generally the most plentiful items in the dairy line-up, represent the most economical sources of animal protein, riboflavin, and calcium in the diet.

Cheese Good Source Of Protein

At no time in history was the nutritive value of cheese more clearly demonstrated than in the war, when military and lend-lease requirements took approximately 50 percent of the total production and as much as 70 percent in certain months. Cheese production was expanded tremendously and now civilians may take advantage of supplies that have been retained at high level. Tangy, aged cheese, is now coming back in ever greater quantities as more time has been afforded for the curing process. And, domestic cheese is available in greater variety, since the industry developed domestic types to replace foreign ones while imports were restricted. Cheese may well be considered an economical choice among the protein foods.

Ice cream, a nutritive and refreshing food high on the American food preference list, is more plentiful and of higher quality than it has been for some time. Butter, also under wartime restrictions, is now decidedly in evidence again at grocery stores. All current production is for use by the home folks since government controls no longer govern production or distribution.

And with great quantities of fluid milk produced in local milk sheds ... that is near large milk consuming areas ... there is sufficient milk for fluid uses.

* * * * *

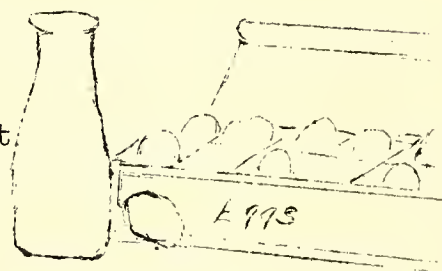
JUNE DAIRY DELIGHTS

You may want to feature dairy foods during the month ... since June has been named Dairy Month ... so here are a few serving suggestions, from food specialists of USDA.

Eggs and Milk

These two dairy foods harmonize beautifully. For breakfast the eggs can be baked in cream ... for luncheon, hard-cooked eggs in cream sauce will fill the bill, and so will an omelet with creamed vegetables or meat ... at dinner a fluffy souffle can appear as an entree or dessert. To make a simple fish dinner more interesting, try serving fried or baked fish with egg sauce. This is made by adding finely chopped hard-cooked eggs to a thin white sauce.

Custards have long occupied an important place in the dessert department. Here's a variation everybody likes, and it's so good it's really worth the little extra effort required to prepare it.

Caramel Custard

3 cups milk
1/4 teaspoon salt

3 or 4 beaten eggs
1/3 cup caramelized sirup
1 teaspoon vanilla

Heat milk over boiling water. Add salt to beaten eggs, and gradually add the milk to the egg mixture. Add caramel sirup and vanilla and pour into custard cups. Place in a pan of hot water and bake in a moderate oven (350 degrees F.) 25 to 35 minutes, or until custards are set ... this will be when the point of a silver knife comes out clean.

To make caramelized sugar, melt 2/3 cup granulated sugar in frying pan over low heat, stirring constantly until melted and a rich brown. Add 2/3 cup hot water and continue to stir over heat until smooth and slightly thickened.

Two or three slices of peach may be placed in the bottom of the custard cup before pouring in either a plain or caramel custard mixture.

Plain custard can be dressed up a bit by topping each cup with a spoonful of jelly just before serving.

Soft custard is an adaptable dessert ... it can be served plain, with a little cinnamon or nutmeg sprinkled over each dish ... as the basis for a delicious Floating Island dessert ... or as a sauce for fruit, gelatin, puddings or cake.

Bread or Rice Pudding

These are two old favorites, and if they're made properly, everyone in the family will like them. You probably have your own pet recipes, but here's a basic one that's been tested by the food specialists of USDA.

Rice Pudding

3 cups milk	1/3 cup sugar (increase to 1/2 cup when using rice)
2 cups soft bread crumbs	1/4 teaspoon salt
or	2 or 3 eggs, beaten
1 1/2 cups cooked rice	
1 tablespoon fat	

Heat the milk over boiling water. Add bread crumbs or rice, and fat. Add sugar and salt to beaten eggs, then gradually add milk mixture. Pour into a greased baking dish, set in a pan of hot water, and bake in a moderate oven (350 degrees F.) one hour, or until set.

For variety, add 1/2 cup raisins or 1 teaspoon vanilla before baking, or serve with a jolly or orange sauce.

Cottage Cheese A June Plentiful Food

Cottage cheese is another important dairy food ... and it's on the June list of plentiful foods. Here's an interesting dessert idea combining cottage cheese with pineapple.

Cottage Cheese Salad Dessert

Split a large pineapple in half lengthwise. Remove the core and cut out the pulp, leaving only the rind with a thin inside layer of fruit. Cut the pulp which has been removed in small cubes and wedges. Mix the pineapple cubes with about 2 cups cottage cheese, salt to taste, and pile lightly in the pineapple shell. Garnish with pineapple wedges and strawberries cut in halves. Serve at once, before pineapple juice makes the cheese watery. Serves six.

* * * * *

READY-TO-EAT-MEATS

These are the days when the little woman who's chief cook and bottle-washer wants to plan an easy meal occasionally ... and, one way to do it is to feature luncheon meats, which are conveniently ready-to-serve or canned meats. These are in very good supply right now, and according to information from trade sources, prices have been reduced within the last month or two.

Almost everybody's familiar with the attractive platter of cold cuts which is often the piece de resistance at a cold luncheon or a buffet supper. It's well to remember, however, that these prepared meats are very adaptable to hot service as well. The family is likely to sit up and take notice when meat shortcake appears some night for dinner ... made with luncheon meat, cubed and creamed, and served on split biscuits. This can be made more interesting if the white sauce is slightly flavored with herbs and a

few cooked vegetables are added ... peas and carrots, for instance, or strips of pimiento. Luncheon meats can take their place in stuffed peppers too, and in cabbage rolls, turnovers and meat timbales ... if they're put through the meat grinder first.

Cold Cuts And Salads

And here's a way to be a bit different about potato salad and cold cuts ... serve the salad in bologna cups. Large slices, cut a bit thicker than usual, can be heated in a frying pan just long enough to make the edges curl, so that they form cups ... it will take only a minute or so. Then it's easy to arrange the bologna cups on a serving plate, fill them with the potato salad and top them off with a sprig of parsley.

Frankfurters team up beautifully with cold cuts, and one interesting way of combining them is to wrap a piece of bologna around a frankfurter, fasten it with a toothpick, and brown the whole thing in a frying pan under the broiler.

And here's a way to fix franks so that they're very special indeed. Cut ribbons of pastry dough an inch thick and wrap them around each frankfurter in barberpole fashion. Then bake them in a hot oven, or over the coals of the outside fireplace.

The flavor of sharp cheese and frankfurters blends well too, and everybody will like weinies prepared in this interesting style: make a long split down the center of the frank, and insert a thin wedge or slice of cheese. Broil or bake until the cheese is melted and brown.

Going back to the thought of cold cuts and salad ... a good way to use up leftover luncheon meat is to cut it into cubes, mix with chopped celery, a little sweet pickle, and some salad dressing and serve on a lettuce leaf. Or, if there's only a small amount of the luncheon meat left over, mix the cubes in with any vegetable salad, or with a jellied salad mixture, or use it to stuff tomato cups.

And by the way, you might remind your listeners that most luncheon meats and canned meats are federally inspected. The federal stamp, which reads "U. S. Inspected and Passed by Department of Agriculture," usually will be found on the outside wrapper, the package in which the meat is packed, or on the can.

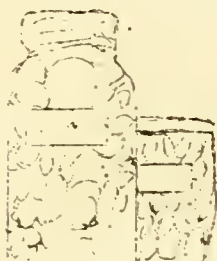
* * * * *

HOME FOOD PRESERVATION WEEK

The week of June 22 has been designated Home Food Preservation Week. Like last year, a special week is being set aside for this observance for the

purpose of focusing the attention of homemakers on the importance of food conservation. Home food preservation also helps to improve the nutritive value and the variety of meals.

In making the announcement of this special week, Secretary of Agriculture Clinton P. Anderson said:



"The wartime gains we have made in nutrition through home food preservation and other activities should be maintained and encouraged further. Through home food preservation homemakers can assure more nutritious meals for their families the year around. This will help materially in improving national dietary standards. National Food Preservation Week will be a good time for the homemaker to make plans as to what foods she is going to preserve and how she is going to do it, from now on through the autumn months."

In this connection, we might mention that information about both home canning and home freezing has been given in a number of recent issues of RADIO ROUNDUP, and we believe you will find this helpful.

Fruits and Vegetables Will be Abundant

It's expected that there will be abundant supplies of both home and commercially grown fruits and vegetables for home and community canning centers. Also, it's likely that this year's commercial packs of fruit and vegetables will be relatively heavy. Home food preservation, however, will conserve food which might otherwise go to waste ... will supplement supplies for individual families ... and will mean a saving of both time and money to the homemaker in planning and preparing meals next winter.

Remind your listeners that they can take advantage of the nearest community canning center, in case home facilities aren't adequate. But arrangements for this should be made well in advance.

Another factor favorable to home canning this year is the increase in sugar supplies ... at least 35 pounds for each person in the family compared with 25 pounds last year. As you know, Spare stamp No. 12 for ten pounds became valid on May 26, and another stamp good for ten pounds will be validated not later than August 1st.



* * * * *

PLENTIFULS FOR JULY

Canned foods are again featured on the U. S. Department of Agriculture's monthly plentiful food list. They are a major item on the July list of plentiful.

As we explained last month, the packs of certain vegetables were greatly increased during the war, to meet the needs of the armed forces. While the 1946-47 packs were reduced, the demand from consumers has been less than was expected which has resulted in large carryovers. The canned vegetables in particularly plentiful supply are peas of standard grade, diced carrots and diced beets. The other canned foods on the July list are tomato juice, citrus juice, and grapefruit segments. In addition, the following foods are expected to be found in generous supply throughout the greater part of the country during next month:

Fresh oranges and lemons, potatoes, sauerkraut, peanut butter, cottage cheese, and fresh and frozen fish, except shellfish.

Fish landings will be heavy during the next few months. Cold storage holdings are large, and all this means it should be easy to find plenty of fish at reasonable prices.

Several other foods are likely to be found in generous supply throughout most of the country during July too. Because there is a certain amount of variation in the distribution, however, they have not been included on the official list of plentiful. You may like to mention them in your broadcast, after checking regional supplies. These items are heavy tom turkeys, eggs, (especially those below Grade A,) and frozen peas and frozen spinach.

* * * * *

CHEERS FOR THE CHERIMOYA!

Maybe you've heard something about the cherimoya ... and it's possible you'll be hearing lots more about it in the not too far distant future. It's a delicious dessert fruit, long popular in the tropical Americas, which has been grown successfully in southern California in recent years.

In appearance the fruit may be either oval, conical, heart-shaped, or somewhat irregular. It ranges from a few ounces to 5 pounds in weight. Sometimes the surface is smooth, sometimes rather rough. The color is light green, the skin is thin and delicate, and the flesh creamy white, embedded with numerous brown seeds. The cherimoya requires handling to avoid bruising, which means it isn't a very good traveler. This explains why it's a comparative stranger in most of our markets.

USDA's Office of Foreign Agricultural Relations tells us that experiments are now under way to develop hardier varieties of this delectable fruit which can be shipped more easily. However, with the establishment of quick-freezing plants close to the source of production ... and with the development of air express ... it may not be long before many more of us living in the temperate zone will become better acquainted with the cherimoya and other tropical fruits.

FOOD ROUNDUP

Moderate Supplies of Cabbage.....

are on most markets, with Tennessee accounting for most of the loadings.

Snap Beans.....

remain a good buy from the standpoint of supply. Wholesale prices are fairly reasonable, too.

Better Supplies.....

of such things as okra, field peas, lima beans, and yellow squash are in prospect for most markets. Shipments are fairly heavy for the most part.

Early Peaches from Georgia.....

are slowly beginning to move to market. More will be evident in another couple of weeks, and by late June volume should be heavy.

Tomato Shipments.....

are lighter than normal for this time of the year. Some crops are later than usual this year, too. On the whole, wholesale prices are high.

Sprinkle of Cantaloups.....

from Florida can be found on some markets. Increased supply is not far off ... more of them in two weeks, probably.

Vegetables in Best Supply for the Week.....

will probably be new potatoes, cucumbers, green corn, snap beans, field peas, squash, and okra.

This Report.....

is based on general supplies and movements. Check it against your markets.

Southern Edition



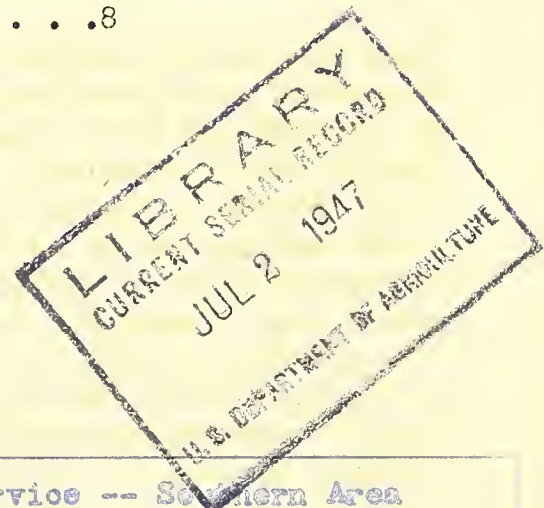
Radio Round-up

A weekly service for Directors of
Women's Radio Programs

June 13, 1947

IN THESE PAGES

TOPIC	PAGE
DETAILS ABOUT DDT2
COUNT ON CHEESE3
A BOOST FOR "B" EGGS4
FUNCTIONAL FASHIONS5
MEAT TO EXPECT.6
MEAT EXPORTS NOT CAUSING PRICE INCREASES7
FOOD ROUNDUP8



U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

DETAILS ABOUT DDT

A new government booklet has just been issued which might well become a best-seller. It explains in detail the use of DDT in the home; answers the questions many people are asking about the proper form of DDT to use for various household pests; tells how to apply it, and gives the results to be expected. The instructions are in simplified form and are meant to guide the individual, home owner, or apartment dweller in the use of this valuable insecticide.



The first page gives precautions in using DDT, and points out that it is a mild poison but is safe when used according to the following instructions:

1. Take ordinary precautions in handling and storing DDT insecticides.
2. Avoid applying it on eating utensils and food.
3. Store it out of reach of the children and where it will not be used by accident for flour, baking powder, or similar foods.
4. Wash your hands when you have finished applying DDT.
5. Never use oil preparations of DDT on animals.
6. Do not spray oil solutions near open fires, because the oil may catch fire.
7. Remove from the room or cover house plants, fish, and pets when applying DDT.

The booklet goes on from there to explain how DDT kills insects, gives a description of the different forms ... liquids, residual sprays, space sprays, aerosols, and dusts ... and explains its use against specific pests, such as house flies, mosquitoes, roaches, fleas, ants, pantry pests, and so on.

This latest information on the best use of DDT against household pests was prepared by USDA's Bureau of Entomology and Plant Quarantine, and the United States Public Health Service. You'll notice we specified it might become a best-seller, which implies that it costs money, and so it does ... 5¢. This pamphlet contains a lot of good information for a nickel ... we think it would be money well spent. If you'd like a copy for yourself, or want to tell your listeners where they can get one, here's the info: write the Superintendent of Documents, U. S. Government Printing Office, Washington 25, D. C. ... not the Department of Agriculture or the Public Health Service. And don't forget to enclose the 5¢.



COUNT ON CHEESE

Cheese is a handy food package ... from the standpoint of both nutrition and convenience. It fits into summertime meal plans beautifully ... can be used in cold dishes as well as hot ... can be served "as is," made into sandwiches, or featured in salads and desserts. During June, which, you know, is Dairy Month, you may like to use some of the following suggestions regarding the use of cheese.

Serve toasted cheese crackers with soups or salads, or instead of a sweet dessert. They're easy to make ... just grate the cheese or slice it thin. Spread on crackers and toast in the oven or under a low broiler flame until the cheese melts.

Salads and Sandwiches

For untoasted sandwiches, grate cheese or cut it fine; mix with one of the following to make a sandwich filling: chopped onion, chopped carrot, chopped pickle, cooked beans, or finely cut celery. If you wish, put in a leaf of lettuce or tender cabbage.

Nobody needs instructions for making toasted cheese sandwiches, but some people may not know about the delicious French-toasted kind. To make them, beat up one or two eggs with a cup of milk. Dip cheese sandwiches lightly into the mixture. Fry slowly in a little fat, browning on both sides.

Many salads can be made more interesting by mixing in small bits of cheese. Try this with a tossed green vegetable salad, a potato salad or a kidney bean salad. Add grated cheese to salad dressing you serve over lettuce. Sprinkle cheese over beet slices.

And for a happy mealtime ending, count on cheese for one of the easiest of desserts ... just serve cheese and crackers with fruit, fresh, dried or canned.

Nutrition Note

Cheese includes protein of the best quality, calcium needed for bones and teeth, riboflavin of the vitamin B family ... and, if made from whole milk, contains vitamin A too.

Don't waste any cheese. Cut off only as much as you need each time, then store the rest tightly wrapped in paper or clean cloth. Use promptly before cheese dries out. Remember, it may mold without spoiling. If this happens cut off the mold and use the rest.

Go easy with the heat in cooking cheese. Let it cook slowly so that it melts completely and spreads the good cheese flavor through the whole dish.

Cooked too quickly, cheese gets tough and stringy.

To speed up the melting and blending of cheese, it should be in small pieces before it's heated. Break it, grate it, slice it, or shave it thin. Whenever possible, mix the cheese into a sauce before adding it to other ingredients.

* * * * *

A BOOST FOR "B" EGGS

In last week's issue of RADIO ROUNDUP, we told you that egg supplies will be generous throughout most of the country next month, particularly those below grade A. So, this would be a good time to give grade B eggs a boost. In grading eggs the color of the shell is immaterial, and so is the size ... large, medium, and small eggs are found in all grades. However, the B egg may be a bit abnormal in shape, the air cell a little larger, and while the white must be reasonably firm and clear, the yolk may move freely and show slightly visible germ development. When the egg is broken, it's easier to tell about the quality. The grade A egg spreads out over only a small area, the yolk is round, almost like a ball, and well centered, and the white is thick and clear. In a grade B egg, the white is thinner and the yolk is rather flat. When broken, it tends to spread out quite a bit, and the yolk may break if the egg isn't carefully handled.

All this means that the B egg isn't as attractive when it's poached or fried, but is just as satisfactory for scrambling with bacon, or making into an omelet with cheese or tomatoes. Maybe it won't be as good to use in custards or sponge cakes, where the delicate egg flavor is important ... but you can combine it with another flavor, like chocolate or spice. And when grade B eggs are used in dishes like pancakes, souffles, waffles, croquettes, puddings, cakes and cookies, they're just as taste-satisfying as the higher grade eggs. Furthermore, the price should be lower, a help to the budget.

Nutritive Value

Pound for pound, middle-grade, or grade B eggs, are just as nutritious as those of the top-grade. The protein is in a class with foods like meat and milk. Also they contain two of the B vitamins, thiamine and riboflavin ... plus vitamins A and D. The egg yolk holds a rich store of iron, and also contains phosphorus and other minerals needed by the body.

Store Eggs Carefully

Remind the homemaker that eggs need the proper care, whether they're grade A or B. They should be kept clean, covered, and cold. That doesn't mean they should be washed before being stored in the refrigerator, because

there's a film known as the "bloom" which covers new-laid eggs, sealing the pores and helping to keep out bacteria and odors. Washing will remove this protection, therefore it shouldn't be done until the eggs are to be used. If the eggs are soiled, wipe them off with a damp cloth. It's well to store eggs in a covered bowl or pan, away from strong-smelling foods. Uncovered eggs lose moisture faster and are more likely to absorb odors.

And if you think refrigerator storage isn't important, here's what the experts say:

Eggs stored at room temperature may lose as much in quality in three days as those kept two weeks in a good refrigerator.

To Beat Egg Whites

Since summer's a favorite time for the light, foamy desserts made with beaten egg whites, here's a helpful tip: Let egg whites stand a while before beating. They whip best when they're as warm as room temperature. And for more foam, add a pinch of salt before beating.

* * * * *

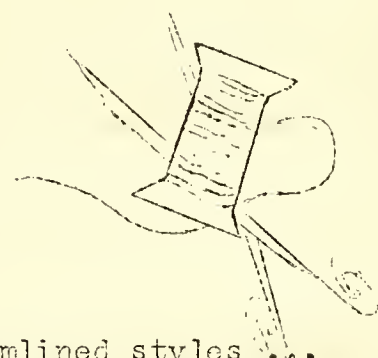
FUNCTIONAL FASHIONS

This is the time of year when clothes that are suitable to the job become particularly important to women. Safe, comfortable clothing for such jobs as gardening, canning or other active work makes life easier and pleasanter.

Clothing specialists of USDA recommend simple, streamlined styles ... whether you buy or make your own clothes. Dresses should be comfortable, convenient, easy to launder and without hazards to safety. For instance, the specialists say frills or loose bows or ties on the front of a dress could easily catch fire from an open flame ... the latter also could catch on the handles of cooking utensils. Ties, belts, and sashes should be made to fit closely and fasten out of the way. Front openings are easiest to manage, but the fastenings should be small, flat, and close enough so that there won't be any gaps.

Short Sleeves For Safety

As for sleeves, the specialists ask why bother with any at all unless they're needed for warmth or other protection. Wing extensions or similar devices will serve the same purpose as sleeves when it comes to appearance and they're safer and give more freedom. If a woman requires long or three-quarter length sleeves, those should be shaped for elbow room and made close-fitting around the lower arm and wrist.



It's well to watch the length and width of skirts too ... if they're too long or too full they drop down around a woman's feet when she stoops. This makes it easy to catch the shoe heels in the hem, or to step on the skirt and fall. Skirts just wide enough for the natural stride, are best.

Pockets placed below the waist should be large enough to put the hand in and take out what you want without straining the pocket corners or the material. And they need to be placed where the hand slides in naturally ... not in an awkward position which forces you to stop and see how to get into them.

Sketches Coming

Every homemaker wants to save time and work, but often she forgets that what she wears can help her in this way ... almost as much as modern equipment or a new plan of work.

In this connection, we think you'll be interested in seeing sketches of some work dresses which embody all these features, and are most attractive too. Within the next week or so we're going to enclose with ROUNDDUP sketches of four warm-weather house-dresses designed in USDA's clothing laboratories. These are functional, scientifically planned, and good looking ... and furthermore, paper patterns, for them are now being produced commercially.

* * * * *

MEAT TO EXPECT

The U. S. Department of Agriculture men who keep track of what is happening to livestock proportion and marketing say that consumers can expect more meat the remainder of this year than they had the latter half of 1946.

Beef and veal will make up more than half the total supply ... a greater than normal production. Compared with offerings last summer, the output will not only be particularly large but distribution will be more even. We can also expect more "Choice" and "Good" graded steaks and roasts. It seems that the majority of the cattle which have gone to market so far this year were "short fed" ... on grain rations less than 120 days. Now, many cattle have been in feed lots longer and this makes for more of the juicy, tender cuts. Toward the end of summer the "long fed" cattle will be pretty well all sold, and the bulk of our beef will then be grass-fat.

Less Pork

In contrast to the greater supply of beef, the summer output of pork will be smaller than last year. The 1946 fall pig crop was lower because of the feed situation, and the urgent need to send grains abroad for relief

purposes. In the late fall when many of the 1947 spring pigs are ready for market, pork supplies should increase to a level where they will make up about half of our total meat.

Lamb and mutton cuts are about a fifth below last year. For five years now the number of sheep and lambs has been going down. This happened because of labor costs and, in some areas, the competition from other farm enterprises. On January 1, 1947, for example, the number of sheep and lambs on farms was the smallest in 80 years of record. The Department of Agriculture has recommended that farmers send fewer stock sheep to market; so there will be less lamb and mutton for sale than was available in the latter half of 1946. However, these two meats normally make up less than 5 percent of our total meat supply.

* * * * *

ANDERSON SAYS MEAT EXPORTS NOT CAUSING CONSUMER PRICE INCREASES

Meat shipped abroad is not the cause of sharp increases in consumer prices of meat, Secretary of Agriculture Clinton P. Anderson told a meeting of the Business Advisory Council in Washington June 11.

Anderson said "wide public notice has been given to certain statements to the effect that meat export activities are causing sharp increases in retail prices of meat. There is no basis for such statements regarding current price rises. Export shipments of meat from United States supplies are now so small that they should have no significant effect on domestic meat prices, either at wholesale or retail levels."

Anderson pointed up the fact that the general meat supply situation is good and said that "prices farmers have been receiving for livestock in recent weeks do not warrant the sharp increases that have been reported in retail outlets."

Meat production in 1947 is estimated by Department specialists at 23 billion pounds, dressed weight--or the fourth largest output on record. Allocations for commercial export during the current quarter--the April-June period--amount to only about 3 percent of the U. S. production forecast for this period, and are lower than allocations for the same period last year. Too, military buying is running as much as 30 percent below last year, which means a larger share of the meat output is available for domestic use, Anderson explained.

One important factor in the price rises, Anderson said, is the continuing strong consumer demand for meat.

* * * * *

FOOD ROUNDUP

Big News of the Week.....

was the end of sugar rationing for consumers and institutions. Price controls stay on, and industrial users are still on a restricted quota, but homemakers may throw away their ration books and can and preserve as much as they like.

Sugar Rationing Ended Just In Time.....

for home canners to take full advantage of a prospective bumper peach crop. Peach production for the U. S. promises to be another record, the third in succession. Crop is now estimated by BAE at 89,183,000 bushels, compared with 86,643,000 bushels last year. Early varieties of peaches are already trickling out of Georgia in one and two-carload lots. Last of June will bring increase.

Apple Picture.....

is not as bright as the one on peaches. U. S. apple crop in commercial areas is expected to be smaller than last year and below average too, according to BAE.

Georgia Began Watermelon Harvest.....

week of June 9. Shipments are still limited from there. Cantaloup and watermelon shipments from other states are increasing and supplies should soon be plentiful.

Wholesale Prices Dropped.....

on field peas and butterbeans on the Atlanta market. Supplies are liberal.

Green Corn.....

continues to move in good volume from practically all southern points. Next thirty days will bring peak of the season.

This Report Is Based.....

on general movements and supplies. Check it against your local markets.



LIBRARY
CURRENT SERIAL RECORD

JUL 18 1947

Southern Edition

U. S. DEPARTMENT OF AGRICULTURE
Radio Round-up

A weekly service for Directors of
Women's Radio Programs

June 16, 1947

SUGAR RATIONING ENDS FOR CONSUMERS AND INSTITUTIONAL USERS

Discontinuance of sugar rationing to household consumers and institutional users (hotels, restaurants, etc.) effective 12:01 a.m., June 12, 1947, has been announced by Secretary of Agriculture Clinton P. Anderson. This action does not affect price controls on sugar and related products.

Rationing to industrial users of sugar will continue as heretofore, Secretary Anderson said. These users will receive official checks issued by the Sugar Rationing Administration, which must be surrendered to their suppliers at the time sugar is purchased.

In testifying before the Senate and House Banking and Currency Committee, Department of Agriculture witnesses indicated there were three factors that needed to be known as a basis for terminating household rationing.

The first was the distribution of the surplus of the Cuban crop above the earlier International Emergency Food Council allocations. The IEFC announced today a recommended allocation of sugar to the United States amounting to an increase of 350,000 tons of sugar, or an average of 5 pounds per person.

The second factor was the disposition of free export and any surplus local consumption sugar in Cuba, and current advice indicates that this surplus will be sold by Cuba in such a manner as to relieve other demands on the world pool.

Finally the Department wanted to know what the export possibilities were in Java, and a representative of the Department has now had a week in Java studying sugar stocks. Information from him indicates that the 200,000 tons thought likely to be available from Java will be available for world usage.

U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

In addition, the Department indicated that the domestic distribution figure had been low for the first two months of the current quarter. Figures for the week ending June 7 are available now and indicate that while distribution has picked up somewhat, it is still at a level short of the allocation for this quarter.

Wholesalers and retailers may acquire sugar without surrender of ration evidence; but they may not accept delivery of, or have in inventory at any time, more sugar than 110 percent of their allowable inventory. This represents an across-the-board increase of 10 percent in allowable inventories, which is justified by the increased IEFC allocation.

Delivery of sugar by a wholesaler, retailer, or primary distributor to an industrial user, except on surrender of proper ration evidence for the amount of the delivery, is prohibited. Ration checks received by wholesalers, retailers or primary distributors from industrial users must be kept in the suppliers' records to substantiate deliveries made.

In addition to the records already required of wholesalers and primary distributors, retailers now are required to keep a record of the name and address of the buyer, the address to which delivery was made, the date of delivery, and the amount of sugar delivered on all sales of more than 100 pounds of sugar, or of any quantity to an industrial user.

Industrial users must keep records of the amount of each delivery of sugar made to them, the name and address of the person by whom the delivery was made, and the address to which delivery was made.

Removal of rationing controls from purchases by consumers and institutional users will reduce the record keeping problems of wholesalers and primary distributors arising from discontinuance of the ration banking program. The handling of about 1,800,000 gummed sheets a month, containing consumer stamps, is eliminated by today's action. Ration checks and other ration evidences from institutional users, likewise, are eliminated. The Sugar Rationing Administration estimates these actions will remove a major part of the handline and record keeping tasks.

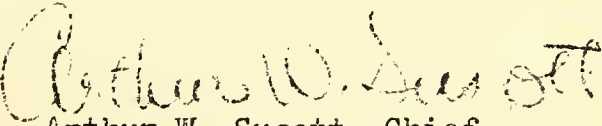
1.942
F3 R11 H
cop 3

UNITED STATES DEPARTMENT OF AGRICULTURE
Production and Marketing Administration
449 West Peachtree Street, N. E.
Atlanta, Georgia

June 20, 1947

To: Users of RADIO ROUNDUP

Frankly, this may be the last issue of RADIO ROUNDUP. The final decision has yet to be made, but USDA is faced with the realistic job of curtailing many of its programs, owing to reduced funds for the coming fiscal year. Our information activities likewise will be curtailed. We'll keep you informed of further developments.


Arthur W. Susott, Chief
Information Service, Southern Area

Southern Edition



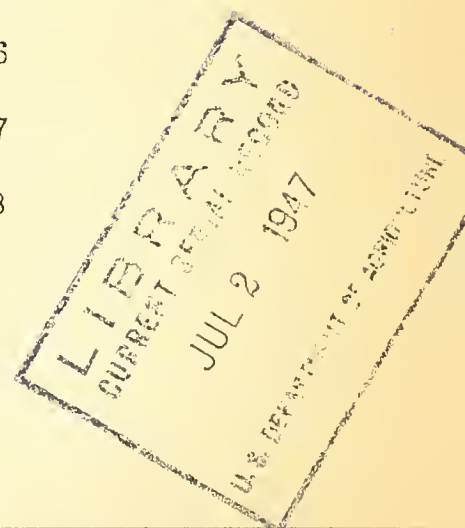
Radio Round-up

A weekly service for Directors of
Women's Radio Programs

June 20, 1947

IN THESE PAGES

TOPIC	PAGE
POINTERS ON PRESERVATION	2
FROZEN FOOD STORAGE	3
SUGAR STOCKS ADEQUATE BUT NOT PLENTIFUL	3
REPORT ON NATIONAL 4-H CLUB CAMP	4
STILL TIME FOR HOME GARDENS	5
MAKING THE MOST OF MEAT	5
NEW FASHIONS IN HOUSE FROCKS	6
SPINACH SUGGESTIONS	7
FOOD ROUNDUP	8



U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

POINTERS ON PRESERVATION

The coming week, June 22 to 28, has been designated Home Food Preservation Week (see RADIO ROUNDUP June 6), and very likely you have special features scheduled for your program. Don't forget, though, the importance of home food preservation could be mentioned throughout the growing season. The purpose of setting aside one week for special observance is simply to concentrate attention on the continuing need for saving food in every way possible. During this week, you might emphasize the importance of well organized food preservation efforts throughout the summer and fall.

Supply Situation Improved

Supplies of glass jars, jar rubbers and closures are substantially improved over recent years. So are supplies of pressure canners, retorts and other necessary equipment. Home freezers are appearing in stores in increasing quantities. More freezer locker space is becoming available. In short, supplies and equipment for home food preservation are better this year than in any recent years.

The following are good points to emphasize in any food preservation program.

1. Explain the "why" of food preservation, stressing the nutritional benefits which come from home-preserved food, and the family economics involved.
2. Suggest that produce, from home gardens, not needed for immediate consumption could be canned, frozen, or stored for winter use.
3. Encourage greater buying and preserving of foods during periods of abundant supplies of good quality fresh produce.
4. Urge early purchase of canning supplies.
5. Recommend the use of only modern, tested methods of food preservation. Accidents, spoilage, and unnecessary loss of food value can result from the use of improper or inefficient methods. Give helpful information regarding different types of food and various methods of preservation.
6. Announce locations of community canning centers and sources of publications and other information on home canning and food preservation methods.

* * * * *

FROZEN FOOD STORAGE

Here are some more suggestions regarding the storage of frozen food in home freezers or locker plants ... gleaned from the reports of food specialists working in various state experiment stations. In the May 23 RADIO ROUNDUP, the story "COOK AND FREEZE" gave several ideas we believe will be helpful, and the following points can apply to either cooked or uncooked frozen food.

Labels: We mentioned the importance of clear durable labels on food packages, and the convenience of dating them. You can go still farther, though, and include other helpful facts on the labels. For instance, the number of servings the package contains, the amount and kind of sweetening that's been used with a fruit, or perhaps the variety of a fruit or vegetable.

Color: There are several systems for locating frozen foods quickly in the home freezer or locker which involve the use of color. One way is to use different colored string, paper, or labels ... red string to tie packages of beef, white for lamb, and so on. Mesh bags might be used to hold all the boxes of one kind of food.

Map and Inventory: Maybe this sounds a bit technical, but it's been found that a map of the location of various foods in the locker is a good idea. Anybody in the family can then locate the right box in a hurry, without a lot of fumbling. The inventory will tell exactly how many and what kinds of frozen foods are in the locker all the time. This is simply a listing of foods as they go into the locker, on which they're checked off as they come out.

*Label the packages
show you find
them...*

* * * * *

SUGAR STOCKS ADEQUATE BUT NOT PLENTIFUL

Homemakers who can now buy sugar for the first time in five years without benefit of a ration coupon may be wondering how plentiful our sugar stocks are. The supply for distribution for the rest of this year is adequate but not plentiful. An indication that we still can't go over-board on demand is that industrial use of sugar is still rationed, and there are no present plans to remove these industrial use restrictions.

More Sugar From Cuba

Rationing for household use was ended because more sugar has been obtained from Cuba than was estimated when allocations were set up at the beginning of the year. Each month since February ... when the Cuban sugar began to

arrive in this country ... the outrun has been more favorable. A June sugar statement issued by the Cuban sugar stabilization institute reported a record crop for the island. This improvement in yield meant more sugar for the United States and a number of other countries. Puerto Rico has also had a somewhat larger harvest than earlier estimated.

As a result of improved supplies, the International Emergency Food Council recently recommended an allocation for the United States of 7,150,000 tons of sugar for 1947 use. This was 350,000 tons more than our earlier allocation of 6,800,000 tons. Another thing to remember is that for the past six months, rationing controls were based on that smaller allocation. The larger allocation coming when the year is almost half gone makes our supply for the remaining months even more favorable ... or at an annual rate of 7 1/2 million tons during the last half of this year.

* * * * *

REPORT ON NATIONAL 4-H CLUB CAMP

The 17th annual national 4-H club camp was held in Washington, D.C., during the week from June 11 to 13, inclusive. Representatives from 45 states and Puerto Rico attended ... outstanding farm boys and girls chosen by their states for this trip.

Delegates Study Work of USDA

The name "camp" is a bit inaccurate, because this annual affair might better have been described as an on-the-spot course in citizenship. The objectives of this yearly meeting were to help 4-H club members learn of the work of the U. S. Department of Agriculture and other federal departments, and permit them to confer together regarding the development of a constructive rural leadership.

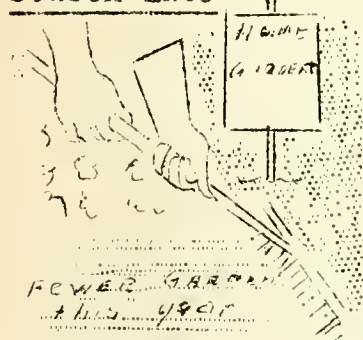
The theme of the 1947 camp was "Serving As Citizens in Our Representative Government." This theme in its various phases was discussed by such national figures as Secretary of Agriculture Clinton P. Anderson, Attorney General Tom Clark, Justice Rutledge of the Supreme Court, and others. Also included in the activities were visits to USDA's research center at Beltsville, Maryland, attendance at congressional hearings, trips to the Unknown Soldier's Tomb, to Mt. Vernon, and other points of interest in and near Washington.

It's possible you've already heard reports from some of these young people as they've taken part in broadcasts on three of the major networks and have made a number of transcriptions for local use. If any of these 4-H delegates live in your area, you might like to have them as guests on your own program. Your nearest county agent can give you more information about them.

STILL TIME FOR HOME GARDENS

Encourage the home gardeners in your audience to go right ahead with garden plans, even though they've been delayed by adverse weather ... that's the latest word from Paul C. Stark, director of USDA's national garden program. He points out that successive plantings can be made throughout the summer, and that it's particularly important to do this because most commercial truck crops are expected to be smaller this year than last. This is true especially of green peas, cabbage, green lima beans, onions, eggplant, and green peppers. On the other hand, commercial crops of snap beans and water-melons are expected to be larger.

Season Late



The season is generally from one to three weeks late, because of rains and cool weather in large areas of the country. The delay has been particularly serious in Wisconsin, eastward across northern Illinois, central and northern Indiana, Michigan, Ohio and New York State.

Reports from state extension horticulturists in all sections of the country indicate that fewer home vegetable gardens have been planted this year than in 1946. Also, there has been a decided shift of interest to other types of gardening. This, combined with the unfavorable weather, accounts for most of the decrease in the number of vegetable gardens. Nutrition authorities say the average person doesn't eat enough fruits and vegetables, which makes it clear why home gardening should be encouraged. The home garden can do a great deal also to help stretch the family dollar.

* * * * *

MAKING THE MOST OF MEAT

That June bride you're probably talking to fairly often these days is very likely up against the problem of planning meals on a budget ... and it's quite possibly a brand-new experience for her. Since meat takes up a large proportion of the food allowance in most families, she'll welcome a few suggestions about ways to make meat go farther, and hints on making good use of all she buys.

It's a good idea to be open-minded about different cuts and kinds of meat. Don't hesitate to try unfamiliar ones. The June bride will be wise to learn the different cuts of meat and the best uses for each, and to become familiar with meat grades.

Buy and Store Carefully: For the small family in particular, it's good advice to buy only as much meat as can be used promptly, unless there's ample storage space in the refrigerator. And, in this connection, warn the inexperienced housekeeper that uncooked meat should be placed in very cold storage if it's to be kept longer than a few hours. Cooked meat also requires careful storage, of course. And ground meat, cooked or uncooked, needs colder storage than any other, and cannot be kept as long.

Cook Properly: When it comes to methods of cooking, tell the bride to cook meat the modern way, which means at moderate heat, and only until done. Meat cooked too fast or too long will lose more weight in cooking and won't taste as good. She should learn the right method of cooking for various cuts and degrees of fatness. For instance, tender cuts of meat may be roasted or broiled, in an uncovered pan with no water added. Tougher cuts need long, slow cooking in a covered pan with water or steam.

Vary Serving Styles: Meat can be served in a variety of ways, to give new appetite appeal. For instance, stew can be made more interesting by serving it in meat pies, as a filling for hot biscuits, or by scalloping it with macaroni or spaghetti. A plain pot roast is delicious when whole or halved vegetables are added during the last hour of cooking. Ground meat can be turned into loaves as well as patties ... can be combined with boiled rice, bread crumbs, mashed potatoes, or cooked cereal, to make it go farther. Ground cooked meat can be made into croquettes, or the mixture used to stuff peppers, tomatoes, potatoes, eggplant or onions. Leftover meat also can be made into creamed mixtures, hash, scalloped dishes, hot or cold sandwiches or salads.

NEW FASHIONS IN HOUSE DRESSES

In last week's ROUNDUP story "Functional Fashions," we gave you some of the suggestions from USDA's clothing specialists regarding comfortable, convenient work clothes for the woman at home. We believe you'll be interested in seeing the enclosed sketches of patterns for several new summer house dresses designed by the Bureau of Human Nutrition and Home Economics, embodying many fine features. Paper patterns for these four dresses are now available commercially, and may be identified in the stores by the credit line: "Designed by the Bureau of Home Economics, U. S. Department of Agriculture."



Comfort In Work Clothes

Miss Clarice Scott, clothing specialist in charge of this work, points out that the ideal work dress is so comfortable the wearer is not even aware of it. She says it gives complete freedom of movement, doesn't pull or bind anywhere, and has no features that distract the wearer from her work. There are no sleeves to rub the arm ... no collars ... no dangling ties or bows. The dresses are designed to fit easily, but are not loose or over-size.

Skirts are of the right length for comfort and safety. You'll note too that pockets are at hand level, and either the pocket or the opening is slanted, making it more convenient to slide the hand in and out.

These dress designs are described as wing-style, you'll note, and they get the name from the winged shoulder extensions used in place of sleeves. This gives the wide-shouldered effect that's generally becoming, and does away with the necessity for padding. The material is double and stitched several times, so that the wings will hold their shape and crispness. Then there's a new three-dimensional under-arm feature, which gives the wing-style better fit.

Necklines Collarless

The collarless necklines are made in becoming shapes, and the front fastenings are well-planned and easy to manage. One is a pull-over dress, skillfully seamed so that it fits better and is more comfortable than the usual pull-over style. Each dress is easy to take on and off, also easy to wash and iron ... and the clothing specialists assure us they're simple to make.

It should be remembered that fabric and workmanship have an important part in making house dresses satisfactory in every way. Even the color should be considered for other features besides becomingness. For instance, a colorful print with very little unbroken white ground will show wrinkles, spots and soil less readily than a print with much white in it, or a plain color. And most women find blues and greens especially satisfactory because they're restful, cool, and clean-looking.

We believe you'll agree that dresses made from these patterns will be comfortable, safe, practical, and good-looking too.

* * * * *

SPINACH SUGGESTIONS

Here's a hint about washing spinach which may be news to the younger, less experienced homemakers in your listening audience. To get all the sand and grit out of the greens, it's best to use two bowls or pans of water, change the water occasionally, and don't try to wash too much at a time. Lift the greens out of the water, back and forth between the two bowls. If the water is poured off, some of the sand is bound to cling to the leaves.

As we told you recently, spinach is pretty generally plentiful throughout the country, and there are large stocks of the frozen variety on hand too. Incidentally, the busy woman will welcome frozen spinach, because it's all ready to cook just as it comes from the package. And that's also true of the other pre-packaged greens you'll find in many markets these days.

FOOD ROUNDUP

Shipments of Most Vegetables.....

are streaming to market from southern loading points. Field peas, butterbeans, okra, and moderate supplies of squash are to be found on markets.

Watermelons and Cantaloups, Too.....

are showing up in larger quantities at markets. Cantaloup quality is perhaps the best in years. Harvest of cantaloups is active in Georgia, while Florida forwardings of watermelons are heavy. Prices are good on quality stock.

Potato Supplies Continue Ample.....

as North Carolina hits peak of season. Shipments from other southern states are light and declining.

Good Prices for Tomatoes.....

are being maintained at most loading points, a reflection of shipments being far below normal for this time of year.

Tennessee Cabbage Supplies.....

decreasing as end of harvest nears. Offerings of both cabbage and beans have declined rather sharply at southern points.

Green Corn Season.....

is active. Shipments are fairly heavy from Georgia points.

Peaches Becoming More Plentiful.....

but shipments continue to lag far behind 1946 and recent years. Supplies of Georgia peaches are increasing very slowly, with scattered movement from South Carolina. Movement is expected to become active in Carolina about July first.

This Report Is Based.....

on general movements and supplies. Check it against your local markets.

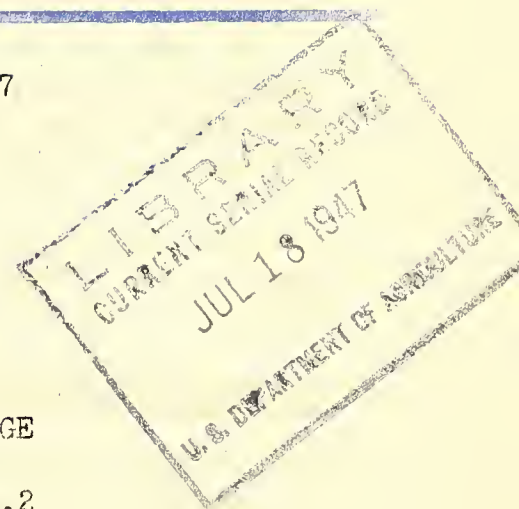


Southern Edition

Radio Round-up

A weekly service for Directors of
Women's Radio Programs

June 27, 1947



IN THESE PAGES

TOPIC	PAGE
CHICKEN---SUMMER STANDBY2
NEW CROP HONEY3
DRIED SOYBEANS BEST4
TOMATO CANNING TIPS4
ZERO SHIPMENTS6
GOODBYE!6
FOOD ROUNDUP7

U. S. Department of Agriculture
Radio Service

Address inquiries to:

Information Service -- Southern Area
Production & Marketing Administration
U. S. Department of Agriculture
449 West Peachtree St., N.E., Atlanta, Ga.

CHICKEN---SUMMER STANDBY

Right now, and in the weeks to come, a good many older birds can likely be found at the poultry counter in the market ... hens that the poultry producers are culling from their flocks. They'll be much larger than the broilers and fryers we've been enjoying throughout the spring, of course, and the price per pound probably lower. The wise shopper, and the one who's watching her budget, can make good use of these birds by stewing or steaming them, removing the meat from the bones and using it as the basis of many delicious summertime meals, both hot and cold. Hot dishes include savory creamed chicken, chicken a la King, chicken loaf, croquettes, souffle, risotto, chop suey, and a variety of chicken soups. On the cold side there's chicken mousse, jellied chicken, and the familiar but always welcome salad and sandwiches.

The inexperienced cook may need instructions in the right way to cook these older birds so that the flesh is juicy and full of flavor. Here's what the food specialists of USDA have to say on the subject.

Stewing and Steaming

Long, slow cooking in water or steam will soften the connective tissue of old birds, and make them tender. They can be cooked whole or in pieces. When cooked whole, the bird should be drawn and groomed as for roasting. To stew, place on a rack in a kettle, half filled with lightly salted water, partly cover and simmer until the bird is tender ... do not boil. Turn the bird occasionally, so that it will cook evenly throughout.

To steam, follow the same general method, but keep the bird breast up all the time, and add water only to the level of the rack. As the water boils away, add more to keep a good circulation of steam around the bird all the time. A fowl will probably need 3 to 4 hours to cook tender by stewing or steaming.

Meat cooked in water or steamed is juicier if allowed to cool in the broth than if served at once. If possible, let it stand in the broth, breast down, for an hour or more. The cooling should be done in as cold a place as possible, because warm broth spoils easily.

Keep Chicken Cold

Poultry is very perishable food and spoils easily, so if it's not going to be served immediately, it should be chilled and held at refrigerator temperature until time to serve. Left-overs should be cooled quickly, placed in the refrigerator as soon as possible, and not be removed until time to use them.

The yield of cooked meat varies with the weight of birds, and the larger the bird the greater the proportion of meat to bone. Cut into small pieces, the cooked lean meat from a 4 to 5 pound fowl usually measures from 3 to 4 cups.

Chicken Salad

Here's a good basic recipe for chicken salad, which can appear at many summertime meals, in many styles ... on crisp lettuce, in tomato cups, piled inside long rolls from which the crumbs have been scraped out, or as a filling for sandwiches.



To 3 cups of cooked chicken, cut into small, even pieces, add thick salad dressing. Let stand in a cold place for several hours, then shortly before serving, add 2 cups of cut celery, and more salad dressing if needed. Season to taste with salt. As a variation, add one-fourth cup capers when the chicken and celery are combined. Hard-cooked eggs, sliced or cut in quarters, may be used as a garnish, or mixed with the salad to make it go further. Chicken salad can be made more flavorful by marinating the chopped chicken for several hours before mixing it with the celery and dressing. For the marinade (a form of French dressing) remove $\frac{1}{2}$ cup of fat from the chicken broth, add an equal quantity of vinegar seasoned with onion, tabasco sauce and salt.

* * * * *

NEW CROP HONEY

New crop orange honey from Florida and California is now on the market in certain areas of the country. There's also citrus honey moving from the Rio Grande Valley of Texas. Alfalfa honey from the Salt River Valley of Arizona and the Imperial Valley of California and other stocks from southern and middle-Atlantic states are also being marketed.



Cold spring weather has delayed the activity of bees in northern and central states.

Large honey packers have cut prices of honey several times since the beginning of the year. While prices are not at pre-war level, they are definitely below those prevailing at this time last year.

* * * * *

Over 800,000 carloads of perishable foods pass through 20 major wholesale fruit, vegetable and poultry markets each year.

DRIED SOYBEANS BEST

Since we've learned the good news about soybeans ... that they're fine eating for man as well as for animals ... many a home garden sports a crop of vegetable soybeans. And homemakers who want to enjoy the distinctive flavor of soybeans all year 'round have been preserving them both by canning and drying.

In this connection you may like to know that dehydration has been found the most satisfactory means of preserving green vegetable soybeans. Experiments by the plant scientists of USDA show that the green-dried beans rate higher than canned soyas in flavor, in color and texture. And the mature, dry soybeans provide more food value at lower cost than either the green-dried or canned beans.

Dehydrated Beans Keep Flavor

In these tests, 16 varieties of vegetable soyas were scored for color, texture, flavor, and desirability when dehydrated or canned while immature, and when allowed to become mature and dry on the plants. The character and quality of the flavor differ considerably in the three products. Dehydrated green beans retain the characteristic flavor of fresh vegetables with little alteration. Canning preserves the food value, but changes the flavor. And the mature dried beans lose all resemblance to the fresh vegetable in flavor, but gain a nut-like quality which is attractive and palatable.

The tests show that soybeans are best for dehydration at the point when they're ready to be used fresh. Green beans blanched before drying have a better flavor than those dried without blanching. Eight minutes or more of blanching are required to give a nice firm texture ... the blanching period can be extended up to 16 minutes without loss of quality. Green dried soyas can be cooked satisfactorily without steam pressure.

As for the best varieties of soybeans for dehydrating or canning, the tests showed the differences to be very slight.

* * * *

TOMATO CANNING TIPS

Tomato time is practically here, and it might be a good idea to remind home canners to be ready for action ... tomatoes are the all-time favorite among home-canned vegetables, you know. They can be used in a great many ways, combine beautifully with numerous other foods, and are the easiest of vegetables to can. Tomatoes do not require a steam pressure canner, the boiling water bath is sufficient. Then too they rank very high as a source of the important C vitamin, so-necessary in the diet.

Use Hot Or Cold Pack

USDA's Bureau of Human Nutrition and Home Economics says that tomatoes may be canned in two ways, ... they can be packed either raw or hot into glass jars before processing. Recent experiments show that when they are packed raw, tomatoes hold color and shape better. There's one advantage in the hot-pack, however, more tomatoes can be put into each jar, and if either jars or storage space are limited, that really counts. As for flavor, very little difference was noted in the results of the two methods of packing. Therefore, it's a matter of personal preference, and the homemaker can make her choice, confident that the results will be good either way.

It's important to remember that if they're not heated sufficiently in canning, tomatoes won't keep in storage. The times recommended by the Bureau for processing tomatoes in the water bath canner are based on the food being prepared and packed as indicated. You may like to have these instructions, for the benefit of listeners who may call or write you for help.

In the first place, only perfect, ripe tomatoes should be used. Dip them into boiling water for about half a minute, to loosen the skins ... then dip quickly into cold water. Cut out the stem ends and peel.

Hot Pack: Quarter the peeled tomatoes; bring to boil, stirring often. Pack hot in hot glass jars to 1/2 inch of top. Add 1/2 tsp. salt to pints; 1 teaspoon to quarts. Adjust jar lids. Process in boiling-water-bath-- either in pint or quart jars of tomatoes--10 minutes. As soon as jars are removed from canner, complete seals if closures are not self-sealing type.



Cold Pack: Leave tomatoes whole, or cut in halves or quarters. Pack tomatoes to 1/2 inch of top, pressing gently to fill spaces. Add no water. Add 1/2 teaspoon salt to pints; 1 teaspoon to quarts. Adjust jar lids. Have water in canner hot but not boiling, to prevent breakage. Heat to boiling. Process in boiling water bath-- pint jars of tomatoes 35 minutes; quart jars, 45 minutes. As soon as jars are removed from canner, complete seals if closures are not of self-sealing type.

* * * * *

This is the low year for apricot production in California, where small crops tend to alternate with large ones. The crop of 170,000 tons this year compares with 306,000 tons last year and 159,000 tons in 1945. Stocks of canned and dried apricots this spring are much larger than a year earlier, in part offsetting the prospective smaller packs.

ZERO SHIPMENTS

Homemakers who buy frozen strawberries or snap beans usually accept these modern products with little thought of the problem of keeping the food frozen while it's moving from the freezing plants to the stores.

You see, frozen foods should be kept at temperatures of around zero for proper protection during storage and distribution. At present, frozen foods are transported most successfully by ships and insulated trucks capable of holding cargo at around zero temperature. So far, rail refrigerator cars have not been ideal for transporting frozen foods. Ten to twenty degrees above zero is the lowest temperature range that ordinary refrigerator cars can achieve.

An experimental refrigerator car, recently tested by the U. S. Department of Agriculture, gives promise that railroads may soon be able to haul frozen foods at zero temperature. During the test, this new refrigerator car held a load of frozen food at or below zero for 10 days, in a laboratory heated to 90 degrees to simulate summer temperatures. The car uses no ice. Instead, it has an ammonia refrigeration system with no moving parts, and needs no power for operation. The cooling effect is produced by ammonia gas under pressure, which flows from tanks under the car, through coils in the ceiling, to water tanks where the gas is absorbed.

* * * * *

GOODBYE!

We are very sorry to tell you that this is the last issue of Radio Round-up you will receive. Budget cuts and other factors have forced not only reduction in staff, but complete discontinuance of many of the U. S. Department of Agriculture's consumer services.

As many of you will recall, RADIO ROUNDUP came into existence five years ago, in June 1942. This weekly service was started at the request of radio broadcasters, who, early in the war, found a great need for authoritative background information on food supplies, rationing restrictions and related subjects. The scope of ROUNDUP was expanded to a Department-wide basis to cover many subjects of general interest to the homemaker, and every effort has been made to meet the wishes of broadcasters for this information. Judging from the comments we have received from many of you, it has been of considerable help in program planning and writing.

In saying goodbye, we wish to thank you for the kind words which you've often said about ROUNDUP. And we express the hope that sometime in the future we may be able to serve you again with something like ROUNDUP.

Meanwhile, we shall try to serve you in as many other helpful ways as possible.

FOOD ROUNDUP

Get Ready for Peaches.....

Looks as if heaviest volume of southern peaches will reach markets last of July and in August.

Lima Beans.....

from South Carolina, one of big producing sections in this area, are probably past peak. South Georgia crop is about gone, too, though central Georgia picking should begin around first of July. Only small acreage there, though. In Maryland, summer crop of lima beans is looking good, but it is little late. First movement, according to Bureau of Agricultural Economics, will start around July 15, with shipments building up to top volume by last of July.

Cantaloup Supplies.....

from southern states are increasing. South Georgia crops are in full harvest from last of June to middle of July. Carolinas will soon start shipments, with North Carolina expected to move heavy volume of the tasty melons by first to middle of July. Quality of Georgia cantaloups is finest in years.

Irish Potatoes.....

are on USDA plentiful foods list for July and are likely to stay plentiful for some time. Should be easy to find on all markets.

Honeydew Melon Shipments.....

from Arizona have already started. Movement will string out until late August, with the peak centering on about August 1. Prospects indicate good yields and high quality. Harvest this season is starting earlier than usual.

Frozen Peas and Frozen Spinach.....

should be easy to find on most markets. Storage holdings of over 62 million pounds of frozen peas on May 1 were nearly three times as large as last year. In some markets, prices are down. Holdings of frozen spinach on May 1 were nearly two-thirds as large as the entire 1946 pack.

Watermelon Supplies.....

are getting better and better. The states of Alabama, Florida, Georgia, and South Carolina have already moved into the picture with shipments in carload lots. Other states, Texas in particular, are sending supplies of the pink-meated melons marketwards.

Heavy Supplies of Green Corn.....

are showing up on the Atlanta wholesale market. Most other markets should boast equally good supplies.

Steady Flow of Oranges.....

has come to market. Supply is good enough to keep oranges on plentiful foods list for July. All markets should have supplies to meet all demands.

Ample Cabbage.....

to meet all demands. Prices fairly cheap, too. Doesn't seem to be too much demand for it now.

Moderate Celery Supplies.....

are on most markets. In some instances might even be scarce. Wholesale prices not too cheap.

Volume of Tomatoes Moving.....

is just about half of what it normally is. As expected, prices are high.

Okra and Field Peas.....

fall into the moderate supply classification.

From the Standpoint of Quantity.....

corn, cantaloups, and watermelons are probably the most plentiful items for the week. This is peak season for green corn in particular.

This Report.....

is based on general movements and supplies. It will be a good idea to check it against your local markets before using it on the air.